

BREAST CANCER SCREENING

The Swaziland Breast Cancer Network runs **2 breast care clinics** every week, where you can receive a breast examination by a health professional. These include:

**Tuesday 9am – 1pm at
Manzini City Council**
and

**Thursday 9am – 1pm at Room 4,
Mbabane Government Hospital**

If an abnormality is detected, the doctor may request that you undergo one or more of the following tests:

- A blood test
- An ultrasound of the breast
- A small biopsy of the breast lump

Remember, most lumps are not cancer, but all abnormalities should be checked by a doctor immediately.

TREATMENTS

Breast cancer can be treated in a number of ways, and may include one or more of the following:

- Surgery
- Chemotherapy
- Radiotherapy

In the event that an individual is diagnosed with breast cancer, the Swaziland Breast Cancer Network can provide support, guidance and counseling to the affected person and their family.

The Swaziland Breast Cancer Network (SBCN) aims to:

Raise awareness about breast cancer, because this disease is increasing in Swaziland.

Promote breast self-examination to help in early diagnosis and treatment.

Provide support and counselling or those affected by breast cancer.

Work closely with the medical community to make cancer treatments accessible and affordable for the people of Swaziland.



Swaziland Breast Cancer Network (SBCN)

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Breast Health: Caring For Yourself

Early detection of breast cancer is the key



WHAT IS BREAST CANCER?

Breast cancer occurs when unhealthy cells grow in the breast. Breast cancer is affecting a growing number of women in Swaziland. This includes women in their 40s, 50s and 60s, but also young women in their 20s and 30s. When breast cancer is found and treated in its early stages, a woman has a greater chance of long-term survival.

WHAT CAN I DO TO REDUCE MY RISK?

Early detection is the key

By doing a Breast Self-Examination (BSE) every month you will get to know your breasts; their shape, size and feel. Most breast changes are not cancerous, but if you find one, you should be checked by a doctor immediately.

When to do a Breast Self-Examination (BSE)

- All women should do a **BSE every month**
 - **Young women** should do a BSE one week after their monthly period.
 - **After menopause** pick the same day each month to do a BSE.

STEPS OF BREAST SELF-EXAMINATION

Step 1: While Washing Yourself



In the shower or bath explore your breast and underarm. Raise one arm behind your head & use the flattened fingers of the other hand to feel for lumps or bumpy areas. Start at the nipple and move outwards in a circular pattern, finishing under your armpit. Repeat on the opposite breast.

Step 2: Before a Mirror

Stand in front of a mirror and look at each breast separately. Raise your arms above your head. Look for any changes on your skin or in the size or shape of your breasts or nipples.



Step 3: Lying Down



Lie down with one arm behind your head. Use the flattened fingers of the other hand to feel for any lumps or bumpy areas in the opposite breast and armpit. Start at the nipple and move in a circular pattern as in **Step 1**.

OTHER WAYS TO REDUCE YOUR RISK

1. Self-examine your breasts every month.
2. Have a health professional examine your breasts once a year, or whenever you have a concern.
3. Walk or join in other exercise regularly, at least 3 times per week.
4. Eat a low fat diet.
5. Don't become overweight.
6. Don't smoke cigarettes.

Note that women with a **family history** of breast cancer are at **higher risk**.

WARNING SIGNS OF BREAST CANCER

It is **normal** for breasts to change at different times during your life such as:

- When you have your monthly period
- When you are pregnant
- When you gain or lose weight
- When your periods stop (menopause)

Changes that are **not normal** and should be examined by a health professional include:

- A dimple
- Changes in color or size
- The skin becomes thick or hard
- A change in the nipple
- Blood coming from the nipple
- A new lump in the breast or underarm