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Cancer
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Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



BREAST *Cancer*

Bringing Education And Understanding To You

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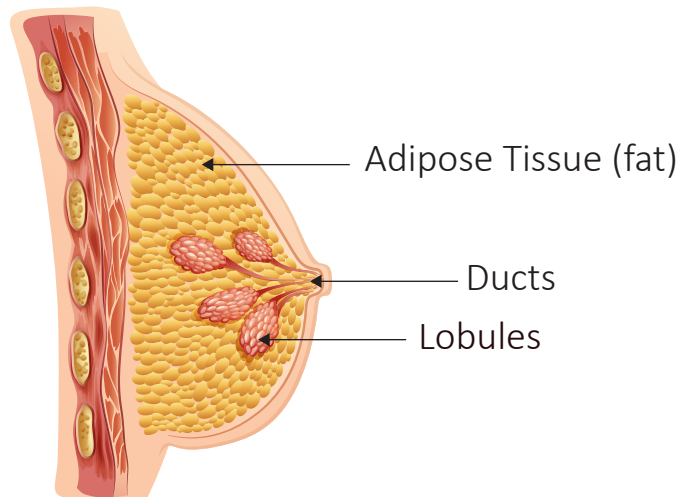
How do I protect myself from breast cancer?

08

How do I protect myself from cancer in general?

I What is breast cancer?

- **Breast cancer** occurs when cells in the **breast** grow out of control and start changing in an abnormal way.¹



- A breast consists of three main parts, which include lobules, ducts, and connective tissue (fatty tissue).¹
- In breast cancer, the 'out of control' cells form a tumour and are felt as a **lump**. This can happen in **one or both breasts**.



References:

1. Centers for Disease Control and Prevention. "What is breast cancer?" [Internet] 2022 Sep 26 [cited on 2022 Nov 17]. Available at: https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm

I How common is breast cancer?

Breast cancer is the number

1

most common cancer among women in Malaysia.²

About

1 out of 2

breast cancer cases in Malaysia was diagnosed late in stage 3 and stage 4 between 2012 and 2016, making it difficult for effective treatment.²



People whose breast cancer are detected in

Stage 1 and 2 have a 88% and 81%
five-year survival rate*³

Stage 3 and 4 have a 60% and 23%
five-year survival rate*³

*The percentage of patients who are alive 5 years after diagnosis.

The sooner the cancer is detected, the higher your chances of survival.

References:

2. Azizah A, Hashimah B, Nirmal K, Siti Zubaidah A, Puteri N, Nabihah A et al. Malaysia National Cancer Registry Report (MNCR) 2012-2016. Putrajaya, Malaysia: Ministry of Health Malaysia; 2019.

3. National Cancer Registry, National Cancer Institute, Ministry of Health Malaysia (2018). Malaysian Study on Cancer Survival (MyScan).

I Who is at risk of breast cancer?

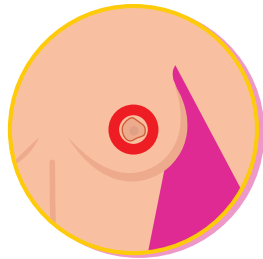


References:

4. Centers for Disease Control and Prevention. "What Are The Risk Factors for Breast Cancer?" [Internet]. 2022 Sep [cited on 2022 Nov 17]. Available from: https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

I What are the signs and symptoms of breast cancer?

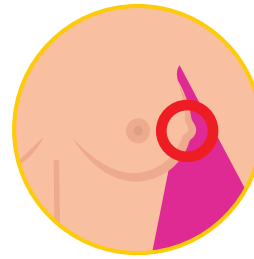
Signs and symptoms of breast cancer⁵



A retracted or inverted nipple



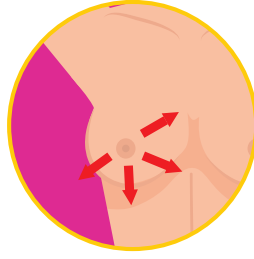
Breast or nipple pain



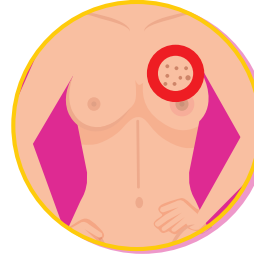
Lumps



Nipple discharge



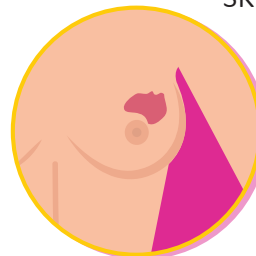
Swelling



Changes to the skin texture



Lump around the collar bone or underarm



Redness or rash

The difference between signs and symptoms:

Signs are what others see (e.g. swelling and bleeding),
symptoms are what you feel (e.g. headache and pain).⁶

TALK TO YOUR DOCTOR IF YOU NOTICE ANY OF THESE CHANGES

References:

5. Breastcancer.org. "Breast Self-Exam (BSE)" [Internet]. 2022 Oct [cited on 2022 Nov 17].

Available from: <https://www.breastcancer.org/screening-testing/breast-self-exam-bse>

6. American Cancer Society. Signs and Symptoms of Cancer [Internet]. 2020 Nov 6 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/treatment/understanding-your-diagnosis/signs-and-symptoms-of-cancer.html>

I How do I perform a Breast Self-Examination (BSE)?



WHEN DO I CHECK?

Monthly: 7-10 days after your period ends⁵

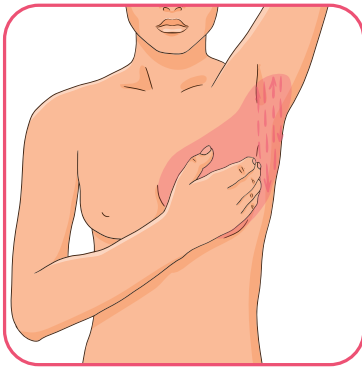


WHERE DO I PERFORM THIS CHECK?

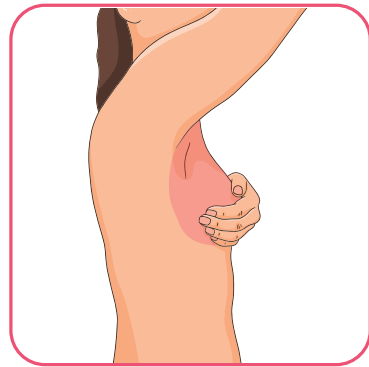
Stand in front of a mirror, ensure your surrounding is bright and comfortable



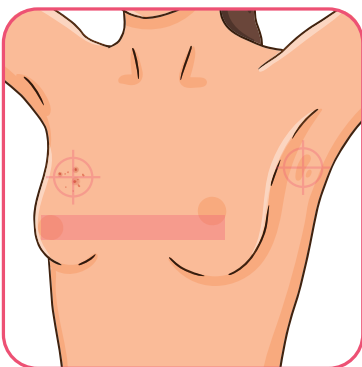
HOW DO I CHECK?⁵



Step 1: Raise your arm



Step 2: Feel for any lumps in a circular motion with your other arm from underneath your armpit to your breast



Step 3: Look for changes in your breasts



Step 4: Repeat steps 1 to 3 for your other breast

TALK TO YOUR DOCTOR IF YOU NOTICE ANY OF THESE CHANGES

I How do I find out if I have breast cancer?

- Breast cancer can be detected early using the tests listed below. These tests, through different techniques, look for abnormal changes.



Breast Self-Examination (BSE)

A physical check of the breasts done by yourself

*18 years and above:
once every month⁵*



Clinical Breast Examination (CBE)

A physical check of the breasts done by a doctor or a nurse

*Age 20-39: once every 3 years
40 years and above: once every year⁷*



Mammography

An X-ray image of the breast

*Age 40-49: once every year⁸
Age 50-59: once every year or
every 2 years⁸
60 years and above: once every 2 years⁸*



Breast Ultrasound

An imaging test using sound waves to produce images of the breasts

*Undergo tests as recommended by
a doctor*

BASED ON THE RESULTS, YOUR DOCTOR WILL ADVISE ON THE NEXT STEPS

References:

7. Ministry of Health Malaysia (2021). National Strategic Plan For Cancer Control Programme 2021-2025.

8. Malaysia Health Technology Assessment Section (MaHTAS). Clinical Practice Guidelines: management of breast cancer (3rd edition). Ministry of Health Malaysia 2019 MOH/P/PAK/432.19 (GU)-e

I How do I protect myself from breast cancer?



Go for a mammogram

Age 40-49: once every year⁸

Age 50-59: once every year or every 2 years⁸

60 years and above: once every 2 years⁸



Breastfeeding

Breastfeed after childbirth for 6 months or more^{9,10}



Exercise regularly and maintain a healthy weight

You can manage your weight by getting more exercise and being physically active⁹ (refer to next page)



Practise a balanced diet

Eat more healthily⁹ (refer to next page)



Don't smoke

Avoid active and passive smoking completely⁹



Don't drink alcohol

Avoid alcohol completely¹¹

References:

9. American Cancer Society. "Can I lower my risk of breast cancer?" [Internet]. 2021 Dec. [cited on 2022 Nov 17]. Available from: <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/can-i-lower-my-risk.html>

10. World Health Organization. Breastfeeding [Internet]. [cited on 2022 Nov 17]. Available from: https://www.who.int/health-topics/breastfeeding#tab=tab_1

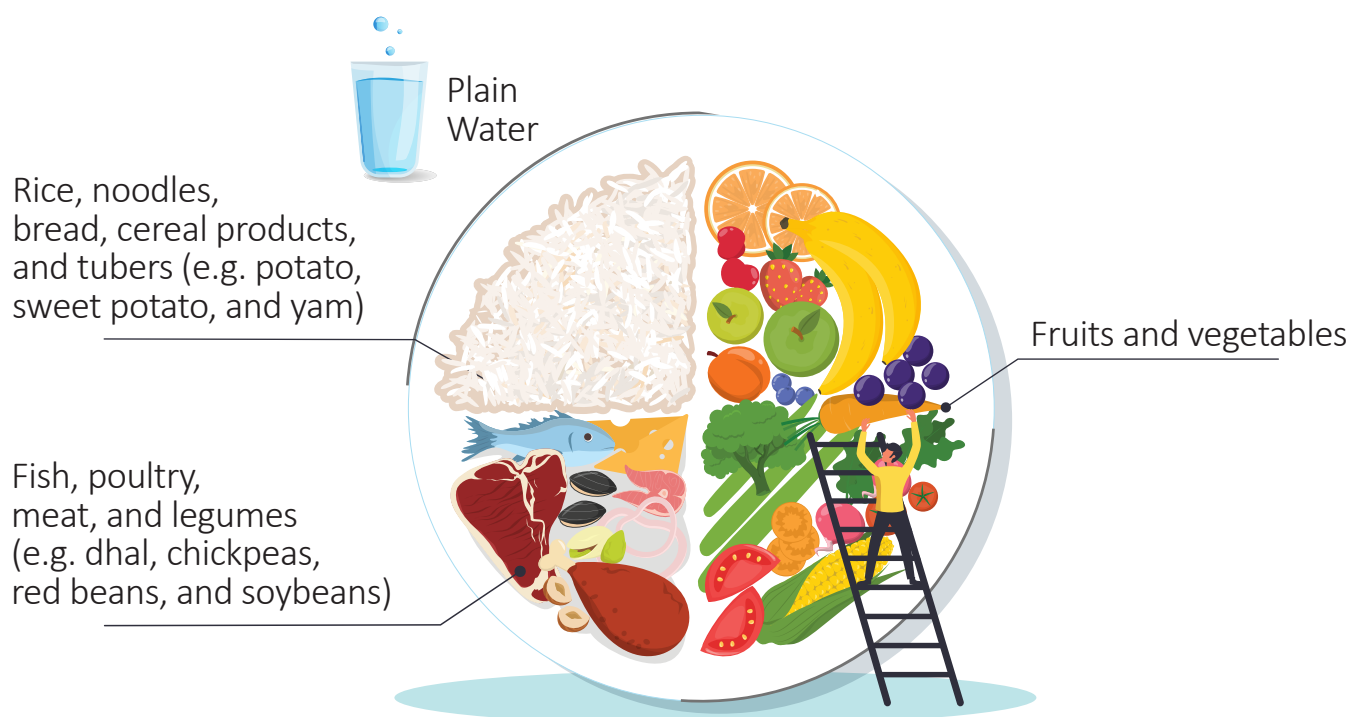
11. World Cancer Research Fund. "Limit alcohol consumption". [Internet] [cited on 2022 Nov 17].

Available from: <https://www.wcrf-uk.org/preventing-cancer/our-cancer-prevention-recommendations/limit-alcohol-consumption/>

I How do I protect myself from cancer in general?

Eat Healthy

The diagram below shows the Malaysian Healthy Plate with Quarter Quarter Half concept. Use this as a visual guide to healthy, balanced meals.¹²



Recommendation for the following food products:

	Red meat	Less than 500g/week = 3 palm sizes of meat in total ¹³		2 servings of fruits and 3 servings of vegetables daily¹³	E.g., eat 1 apple + 1 slice watermelon + 12 tablespoons of cooked leafy vegetables/day
	Processed meat	Avoid completely ¹³		Sugar sweetened drinks	Avoid completely ¹³
	More than 2 servings of wholegrain daily¹³	E.g., eat at least 2 slices brown bread + 0.5 cup cooked brown rice/day		Processed foods	Less than once a week or avoid completely ¹³

References:

12. Panduan Pinggan Sihat Malaysia. Putrajaya (MY). Ministry of Health Malaysia; 2016. 50 p. Report No.: 1.

13. World Cancer Research Fund/American Institute for Cancer Research. "Continuous Update Project Expert Report 2018.

Recommendations and public health and policy implications." [Internet]. [cited on 2022 Nov 17]. Available from: dietandcancerreport.org

I How do I protect myself from cancer in general? (continued)

Be Active



150 Minutes

Moderate-intensity* aerobic activity per week¹⁴

Brisk walking, jogging, swimming, tennis (doubles), cycling, hiking, line dancing

or



75 Minutes

Vigorous-intensity** aerobic activity per week¹⁴

Running, swimming laps, tennis (singles), jumping rope, aerobic dance, kickboxing

and



At least 2 days

of muscle strengthening activities per week¹⁴

Use of exercise bands, weight machines, or hand-held weights; push-ups, pull-ups, planks, squats, lunges, some yoga postures and tai chi

How do you measure intensity?

Use the 'talk test'

*Moderate-intensity exercise	Moderate effort required. You breathe harder, you start to sweat, and you will talk more slowly than you do normally. ¹⁵
**Vigorous-intensity exercise	High effort required. You are puffing, sweating, and can only talk with pauses. ¹⁵

References:

14. World Health Organization. Physical Activity [Internet]. [Cited on 2022 Nov 17]. Available from:

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

15. Cancer Council Australia. "Exercise for people living with cancer" [Internet]. 2019. [Cited on 2022 Nov 17].

Available from: <https://www.cancer.org.au/assets/pdf/exercise-for-people-living-with-cancer>

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