



香港紅十字會
HONG KONG RED CROSS

Pink October

五星健康
五星家

社區健康
教育計劃



October is Breast Cancer Awareness Month (also called Pink Month), an annual campaign to raise awareness about the impact of breast cancer. Breast cancer is the 3rd leading cause of cancer death in women. Cases of newly diagnosed have increased from 1152 in 1993 to 4761 in 2019. Breast cancer is curable. The survival rate of breast cancer is very high if it is detected at an early stage.

The survival rate for patients with Stage I Breast Cancer is 97.5% within five years,

It drops to 19.3% for patients diagnosed with Stage IV.

*According to research by the Hong Kong Cancer Registry of the Hospital Authority and the Faculty of Medicine of the University of Hong Kong)

What is Breast Cancer?

When a malignant tumor originates in the breast, it is called breast cancer. Breast cancer can invade nearby breast tissue, spread to the underarm lymph nodes and other sites of the body such as the lungs, bones, liver and brain. It can harm the function of the affected organs and, potentially, the life of the patient.



Risk factors



Non-modifiable risk factors

- Gender (higher risk in Females)
- Age
- Family history of breast cancer
- Genetic predisposition
(Mutation in the BRCA1 & BRCA2 genes)
- Early menarche / late menopause
- Personal history of breast cancer/ Previous benign breast diseases



Probable risk factors

- Smoking
- Night shift work
- Stress
- Diet rich in meat/dairy products

Modifiable risk factors

- No childbirth or first live birth after age 35
- No breastfeeding
- Use of hormonal replacement therapy
- History of receiving radiation therapy to the chest before age 30
- Being overweight or obese after menopause
- Alcohol consumption
- Lack of exercise

Minimizing Breast Cancer Risk

Healthy lifestyle

- Regular exercise, Weight control, Stress management , Avoiding smoking

Balanced diet

- "3 Lows, 1 High" healthy eating habits, Limit alcohol consumption



Regular Breast Screening

Early Detection!

• Mammogram

(For age above 40 females -- every 2 years)

• Clinical examination

(For females age 20-39 -- every 3 years,
For females age above 40 -- every 2 years)

• Breast self-examination

(For females age above 20 -- every month)

Breast Self-Examination (BSE)

Perform BSE monthly

(on the same date of every month / in the week your period ends)

Signs & Symptoms of breast cancer

Breast

- Lump/thickening in the breast
- Dimpling / abnormal contour
- "Orange-peel " appearance

Nipple

- Showing retraction / asymmetry
- Discharge/bleeding from the nipple

Underarm

- A lump / enlarged lymph node

Look

1. Stay in front of the mirror, and raise your arms above your head.
2. Lower your arms and press them firmly against your hip to tighten your chest muscles, to see any abnormalities.
3. Turn slowly side to side and look for abnormal changes

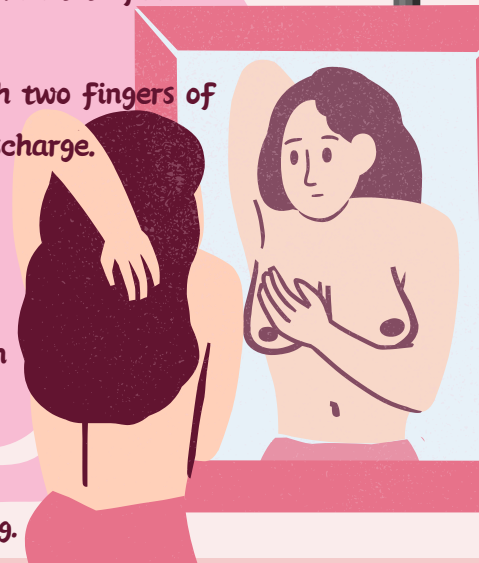
Compare

1. Compare the shape and size of your breasts and both nipples with your last check, for any unusual changes.

Feel

(During Show/ Lie down)

1. Put up your right hand at ear level
2. Use the pads of the three middle fingers of the left hand to press and make small circles / vertical strips around the right breast to feel for lumps or thickening
3. Gently press the right nipple with two fingers of the left hand to look for any discharge.
4. Feel for change in your breasts, above and below your collarbone and armpit area.
5. Repeat steps 1-4 the examination of your left breast with your right hand



*Please consult your medical provider for any other symptoms that are concerning.

References :

Hong Kong Cancer Fund
HK Breast Cancer Foundation

The above information is for
reference only

Updated on 20/10/2022
Editor: MingYi Man