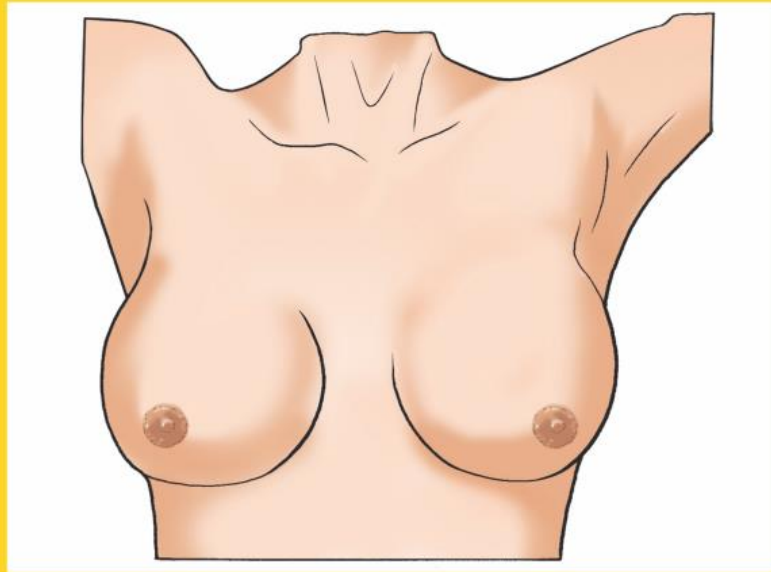




The first step for breast care is the
Clinical Breast Exam



Understanding our breasts



1

IMAGE 1 UNDERSTANDING OUR BREAST

“What do you see in the image?

Do you know the parts of the breast?

Do you know what they are used for?”

Wait for participants to comment

Parts of the breast

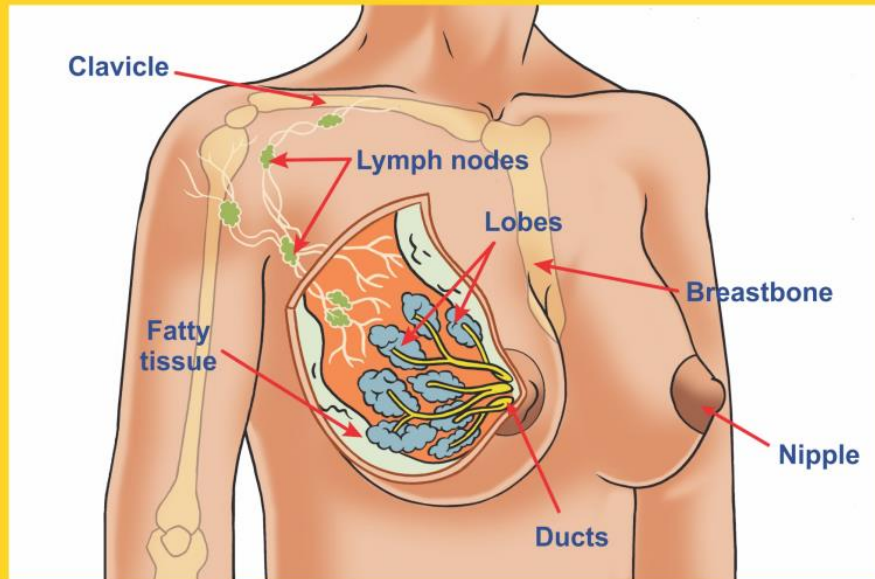


IMAGE 2: PARTS OF THE BREAST

Here we can see many of the parts that you mentioned responding to the previous questions

Lymph nodes: Bean shaped structures located near the breast, in the axilla (under the arm), over the collarbone and the chest.

Lobes: Each breast has from 15 to 20 lobes; these are separated by fat tissue. Lobes are divided in lobules which form small branches that produce breast milk.

Ducts: These are the ducts of the mammary glands that transport milk in small quantities from the lobules to the nipple.

Fat tissue: Tissue that forms much of the breast content. The breast has a large amount of fat tissue internally, it forms 90% of its content and gives it its shape.

“The most common site for breast cancer to develop is within the lobules and ducts of the breast, the parts that produce milk.

Not all lumps that appear in the breasts are breast cancer and therefore it is important to do our checkups to find out what they are.”

Recognizing changes in breasts



3

IMAGE 3: RECOGNIZING CHANGES IN BREASTS

“Throughout our lives, all women experience a variety of changes in the breast. It is important to know what is normal and recognize a change to be **ALERT**. Many normal changes occur in the breast due to hormonal changes. Some **NORMAL CHANGES** are:

- ✓ During the adolescence we may feel pain; this is due to the growth and development of our breasts.
- ✓ Swelling sensation of the breasts before and after our menstruation period.
- ✓ Pain and burning sensation during the menstruation period; after this, the swelling reduces, and the breasts return to normal.
- ✓ Incremento del tamaño en las mamas durante el embarazo.
- ✓ Swelling, pain and burning sensation when breastfeeding a child; and the ducts fill with milk”.

“Recognizing your breasts helps detect breast changes, but it is **NOT** enough to detect breast cancer early. If you know what is normal for yourself, you can better explain to the health professional when you feel or see something different.”

“Recognizing changes in your breasts is NOT a substitute for a clinical breast exam that should be performed annually.”

Breast cancer detection



IMAGE 4: BREAST CANCER EARLY DETECTION

“We have met to find out why we should be on the lookout for breast cancer, learn a little more about the parts of the breast, the normal changes and the changes that occur with breast cancer.”

- ✓ What do you see in this image?
- ✓ What does this image mean to you?
- ✓ Do you know want to learn something more about breast cancer?

Wait for the participants to comment on each of the questions

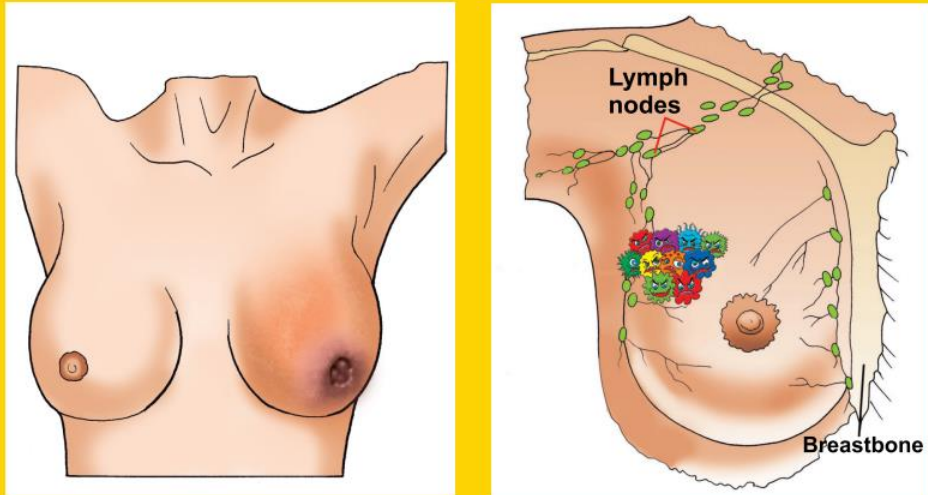
“Thank you for your responses and your questions about breast cancer. This shows me that you have a lot of interest. During the session we will answer all your questions and concerns and we will also explain what you need to know and how to detect breast cancer early.”

We ask the following and wait for their answers

- ✓ Why is it necessary to detect breast cancer early?
- ✓ What do you know about breast cancer?
- ✓ How can breast cancer be prevented?
- ✓ Do we know anyone that has had or has breast cancer?

“Breast cancer is a disease that is due to many risk factors; if it is detected early, it can be cured. Today we are here to learn about breast cancer, what we can do to protect our health, and what we can do to detect breast cancer early.”

What is breast cancer?



5

IMAGE 5: WHAT IS BREAST CANCER?

- ✓ What have you heard about breast cancer?

After listening to the answers, we explain the following:

"Our body is made up of many cells; normally these cells grow, reproduce and die as needed to keep us healthy. However, sometimes this normal process does not occur, for different reasons. Instead of dying, cells grow and continue dividing when not necessary. So, cancer is the uncontrolled growth of diseased cells in our body that eventually will form a mass or tumor."

After this explanation, do the activity of the bubbles made in a glass with water and liquid soap.

Breast cancer warning signs



6

IMAGE 6: BREAST CANCER WARNING SIGNS

“It is important to be aware of normal changes that occur in the different stages of our lives; however, it is also important to know when changes and alterations are not normal. We must carry out medical tests especially when the following warning signs are present:

1. Appearance of a mass, solid ball or thicker skin inside the breast.
2. Dimples and wrinkles in the skin
3. Change in the size and/or shape of the breast
4. Recent and persistent pain in any part of the breast.
5. Any secretion that is not milk
6. Swelling, heat, darkness or redness of the breast.
7. Sinking of the nipple or other parts of the breast
8. Ulcers or scaly sores on the skin or, rashes on the nipple.

“We should not wait for some warning sign to appear to go to the clinic, since when there are symptoms the breast cancer has already grown”

Risk based on age

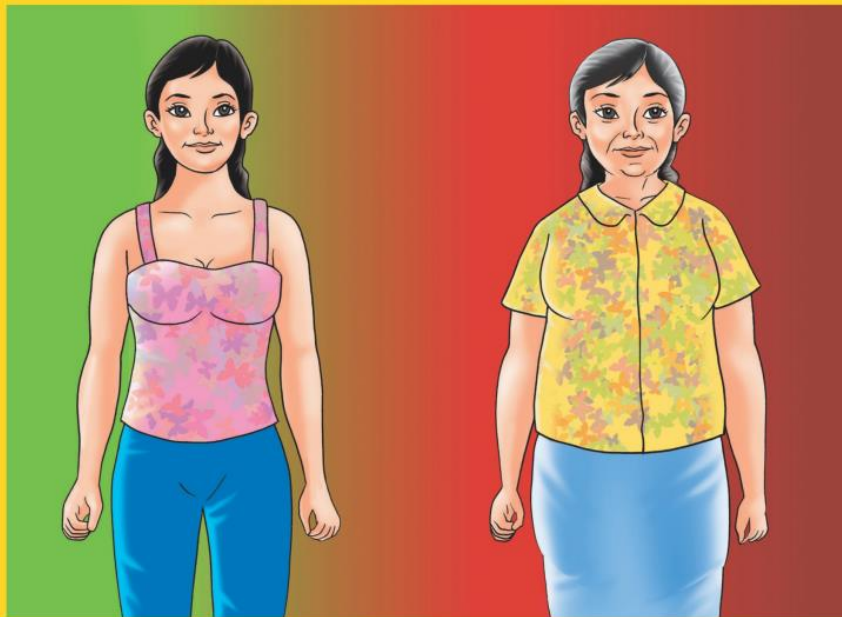


IMAGE 7: RISK BASED ON AGE

“In order to understand the relationship between age and breast cancer, we can think of a traffic light. A young woman, without any warning signs, has a green light; she is not in much danger of having breast cancer and may continue her life in a normal manner. However, if a woman is over 40, even **without warning signs**, she has a red light, stating she shall be more alert and go to her breast cancer screening visit.”

“This illness is more frequent in women between **40 and 69 years old**, although it can also occur in women outside this age range, so it is necessary to go to your health establishment for an evaluation every year if you present changes, even when you are not in this age group, to have a clinical breast exam.”

“There are characteristics that increase the risk of a woman developing breast cancer; among the most important ones we have the following:

- ✓ Being a woman.
- ✓ Being over 40 years old.
- ✓ The likelihood increases if a close relative sister, or mother, have had breast cancer.

Where should I go to?



IMAGE 8: WHERE SHOULD I GO TO?

“Health professionals (physicians, midwives, and nurses) in the nearest health centers are trained to offer counseling in breast health and breast exams.”

“If these professionals find anything, they will advise you of any other exams or referrals you may need.”

“We suggest that you share this information so that other women in your community can benefit from a clinical breast exam.”

“This is why it is important to go to your nearest health center to be evaluated by trained professionals (doctors, midwives, and nurses), even without breast discomfort.”

Behaviors that affect breast cancer risk



IMAGEN 9: BEHAVIORS THAT AFFECT BREAST CANCER RISK

- ✓ What is a risk factor?
- ✓ Which are the risk factors that you can change?

After listening to the answers, we explain the following:

- ✓ It is important to watch your weight because excess fat in the body is associated with cancer.
- ✓ We must do physical exercise routinely
- ✓ We should not smoke, and we should stay away from those who smoke. Tobacco smoke is poison.
- ✓ We must reduce consumption of soft drinks and alcohol.
- ✓ We must use oral contraceptives or hormonal therapy, if needed, with the supervision of a healthcare professional.
- ✓ Breastfeeding is good for both mother and baby. Mothers who breastfeed their babies lower their risk of developing breast cancer.

After the explanation, ask the following question:

“Can we include one or more of these healthy habits in our lives?”

Breast Cancer risk factors that are not related to behaviors



IMAGE 10: BREAST CANCER RISK FACTORS THAT ARE NOT RELATED TO BEHAVIORS

“The breast cancer risk factors that are not related to behaviors include:

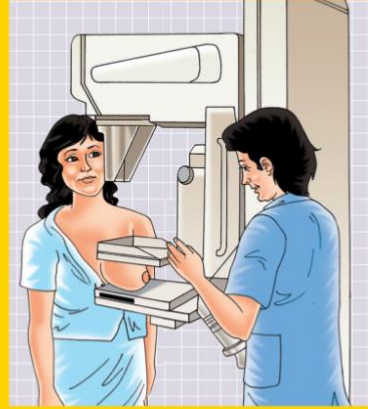
- ✓ Being a woman.
- ✓ Age (40 years and older).
- ✓ Genetics – Family history (mother, sister, or daughter) with breast cancer.
- ✓ Early menarche (first menstruation before age 12).
- ✓ Late menopause (last menstrual period after age 50).

We must bear in mind that there are modifiable and non-modifiable risk factors that directly affect the development of breast cancer. It is up to us to control the risk factors that we can modify.”

How do we detect breast cancer?



Medical check-up, even if you don't have discomfort.



Mammogram

11

IMAGE 11: HOW DO WE DETECT BREAST CANCER?

- ✓ What methods do you know are used to detect breast cancer?
- ✓ Have any of you had a clinical breast exam done?

We will listen carefully to the answers and ask a woman who has had the clinical breast exam done to voluntarily share their experience.

“The following tests are used to detect breast cancer early:

- ✓ Clinical Breast Exam
- ✓ Mammogram
- ✓ Ultrasound & MRI (in some cases)”

Clinical breast exam



12

IMAGE 12: CLINICAL BREAST EXAM

“This clinical breast exam is done observing and palpation by a trained health professional (physician, midwife and/or nurse) with the goal of detecting any alteration in the breasts (masses, secretion, lesions, swelling).”

“The clinical breast exam is not painful, it does not cause any discomfort, it is quick, and the health professional will explain the procedure before performing it.”

“Who among you is thinking that you should have a clinical breast exam? It is normal that you may feel FEAR, SHAME and CONCERN because it may be a strange and uncomfortable experience.”

“So, if we get used to going regularly for check-ups, we can detect breast cancer early.”

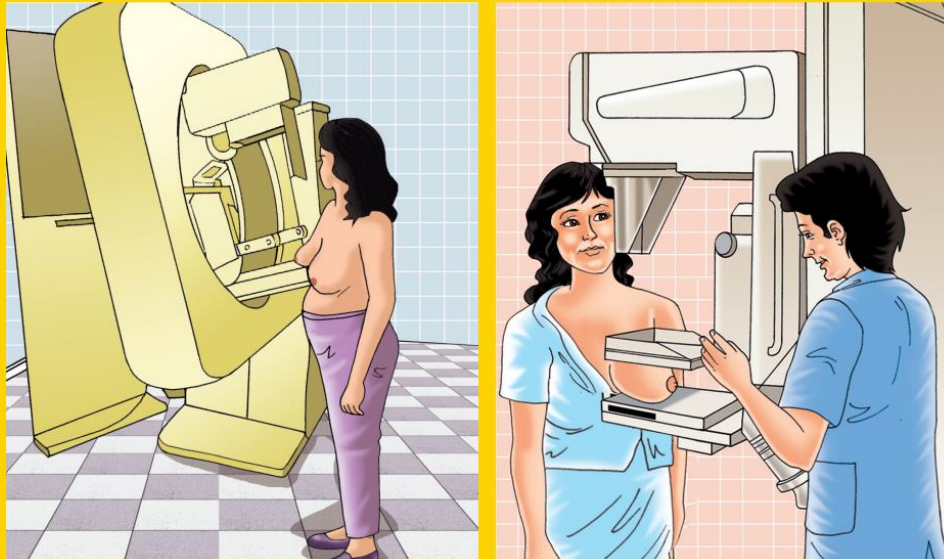
Who should go for a clinical breast exam?

- ✓ Women between 40 to 69 years old
- ✓ Any woman with breast discomfort

After the explanation, ask the following question:

Who of you meet the age indicated to have a clinical breast exam?

What is a mammogram?



13

IMAGE 13: WHAT IS A MAMMOGRAM?

“We have discussed recognition of breast changes and clinical breast exam done by a health professional.”

“A mammogram is a photograph of the breast; this may detect very small lesions that hands are not able to feel. It is available in some hospitals in each region; and it is very useful.”

Why is it important to pick up results ?



14

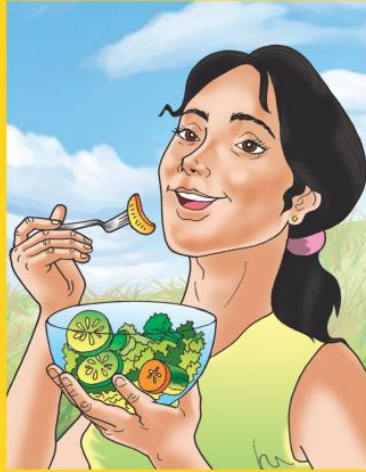
IMAGE 14: WHY IS IT IMPORTANT TO PICK UP RESULTS?

“After you have a mammogram the health professional will tell you a date when to pick up your results. Therefore, it is important to go to the appointment on the specified date. By doing this, you may know if you have cancer or not and whether you have to start treatment as soon as possible.”

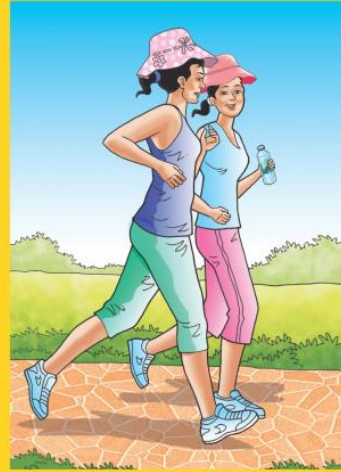
“Independent of whether you have a positive or negative result, the health provider will tell you what steps you need to take next. Remember that breast cancer can be cured, and it is easier to do so when it is at an early stage.”

“Every person should have the right to universal health coverage.”

Healthy Habits



Eat fruits and vegetables



Do exercises regularly

15

IMAGE 15: HEALTHY HABITS

“Living and eating in a healthy manner may reduce the risk of having cancer”.

- ✓ We should eat many fruits, vegetables, cereals, beans, white meats (fish, turkey and chicken).
- ✓ We should exercise for at least 30 minutes a day. This means exercises that are tiring. An example is going up and down the stairs or dancing.

After the explanation, ask the following question:

- ✓ Which healthy habits do you practice?
- ✓ Can we incorporate one or more of these healthy habits in our lives?

Together, we can prevent and control Breast Cancer



16

IMAGE 16: TOGETHER, WE CAN PREVENT AND CONTROL BREAST CANCER

“We can avoid many of the problems that have been mentioned by detecting breast cancer early.”

Happy Family



17

IMAGE 17: HAPPY FAMILY

The benefits of early detection are:

- ✓ Noticeable increase in the likelihood of curing cancer.
- ✓ Women have better possibilities of survival.
- ✓ Treatments will be less painful for women.
- ✓ We may prevent the cancer from spreading to other organs of our body.
- ✓ Improvement in the quality of life of women and their families.”