

Breast Cancer Awareness



**SUPPORT
BREAST
CANCER
AWARENESS**

**“Fight each
round and take it
on the chin. And
never never never
ever give in.”**

~Olivia Newton-John

**NO ONE
FIGHTS
ALONE**

DEFINING BREAST CANCER

Breast cancer begins in the breast and starts with cells in the breast grow out of control. It usually forms a tumour, detectable by an x-ray or felt as a lump in the breast. While it is common in women—men can get breast cancer too. Breast cancer cells may spread to other parts of the body and grow there, too—when a cancer cell does this, it is called metastasis. The starting location of cancer determines its name—for example, even if breast cancer spreads to the bones or any other place of the body, the diagnosis is still breast cancer.

DIFFERENT TYPES OF BREAST CANCER

There are a variety of breast cancers, and some are extremely rare. Ask your doctor about the kind you have when you are diagnosed with breast cancer. Another name for cancer is Carcinoma.

HOW DOES A DOCTOR KNOW YOU HAVE BREAST CANCER?

A doctor will notice changes in your mammogram. These changes may indicate the first sign of breast cancer. Perhaps you may have found a lump or other changes in your breasts. Your doctor will ask you questions and complete a physical exam to examine lymph nodes under your arm and above your collar bone.

BREAST CANCER STAGING

If you are diagnosed with breast cancer, the doctor will explore how far it has spread. This step in the diagnosis is, staging. Your doctor will want to examine the stage of your cancer to set up the best treatment for you. Stages in breast cancer indicate the spread of cancer throughout the breast, and it also shows whether cancer metastasised to other organs of your body that are close or further away.

Cancer can be in stages 1, 2, 3 or 4—the lower the stage number shows that cancer has not spread too far from its starting point. A higher stage number indicates a more serious cancer that has spread beyond the breast.

Positive Thinking is Critical

Before we get to the important questions you need to answer, let's reset our thinking to encourage an open mind and a positive perspective.

"Breast cancer changes you, and the change can be beautiful."

~Jane Cook

"Once I overcame breast cancer, I wasn't afraid of anything anymore."

~Melissa Etheridge

"There can be life after breast cancer. The prerequisite is early detection."

~Ann Jillian

"Cancer is a word, not a sentence."

~John Diamond

"Whether you're a mother or father, or a husband or a son, or a niece or nephew or uncle, breast cancer doesn't discriminate."

~Stephanie McMahon

"It's about focusing on the fight and not the fright."

~Robin Roberts

"Keep your sunny side up, keep yourself beautiful, and indulge yourself!"

~Betsey Johnson

"And if it comes back, I'll keep fighting."

~Nicole Kramer

"The only thing we have to fear is fear itself. So the only thing to really be afraid of is if you don't go get your mammograms."

~Cynthia Nixon

"The only person who can save you is you."

~Sheryl Crow



Pink is stronger than you think!



Early Detection Is A Better! Choice!



Important Questions to Ask your Doctor

QUESTIONS TO ASK IF YOU SUSPECT YOU HAVE BREAST CANCER

- Why do you think I have cancer?
- Is there a possibility that I do not have cancer?
- Please could you write down the type of cancer that you think I might have?
- What will happen next?

QUESTIONS ABOUT TESTING

- What are the necessary tests?
- Who will do the tests?
- Where can I have the tests done?
- Will the tests and results be explained to me?
- How and when will I receive my test results?
- What will I need to do next?
- How serious is my cancer?

QUESTIONS ABOUT STAGING

- At what stage is the cancer?
- How and when will you identify the stage of cancer?
- What does the stage of cancer mean in my case?
- Based on the stage of cancer, what is my prognosis?
- Have tests picked up any of the following proteins: the oestrogen receptor, progesterone receptors of the HER2 protein?
- What does it mean if any of these proteins are present?
- What next steps must happen?

QUESTIONS ABOUT TREATMENT

- What is the best treatment therapy choice for me?
- What is the goal of the treatment, and will it cure me?
- Does treatment include surgery? Who will perform the surgery?
- What will it feel like to have surgery?
- Will I receive other forms of treatment as well?
- What is the objective of these other treatments?
- Are there any side effects I should know about these treatments?
- How can I manage the side effects?
- Are there clinical trials that might suit me?
- What about the particular vitamins or diets that friends or social media suggest? How can I find out about their safety and suitability?
- How can I prepare myself for treatment?
- What can I do to enhance the impact of the treatments?
- What are my next steps?
- What will happen after treatment?

