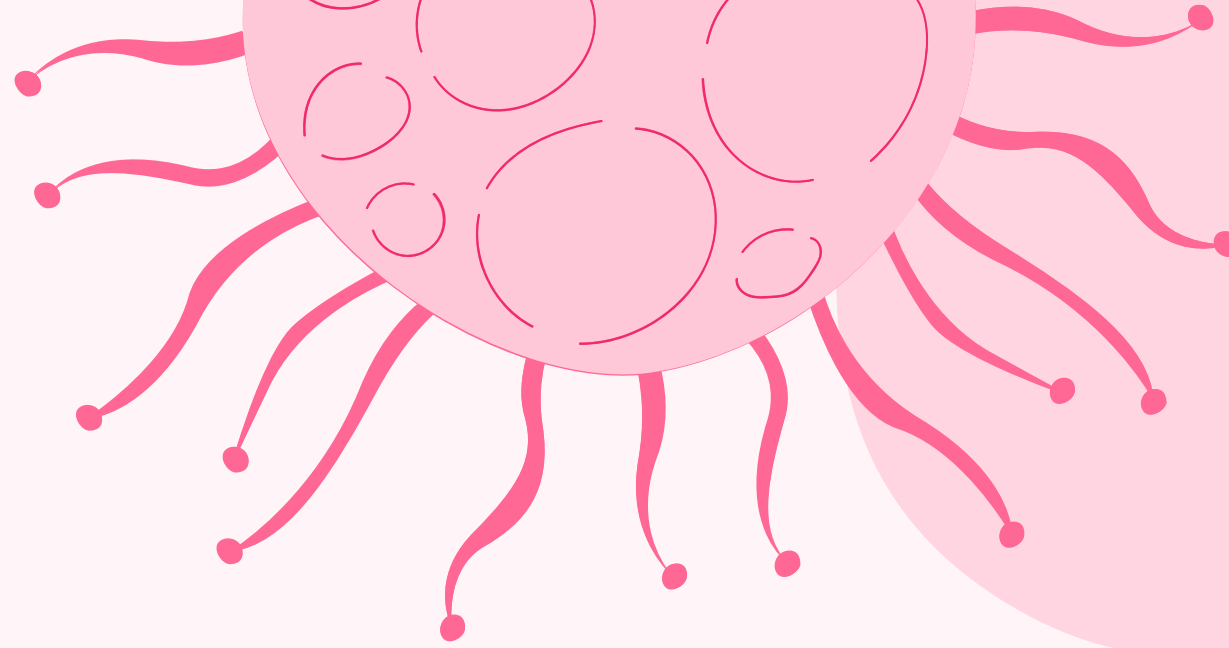
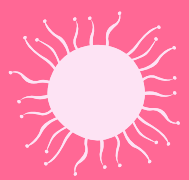




Think Pink. Act Early.

Breast Cancer Awareness



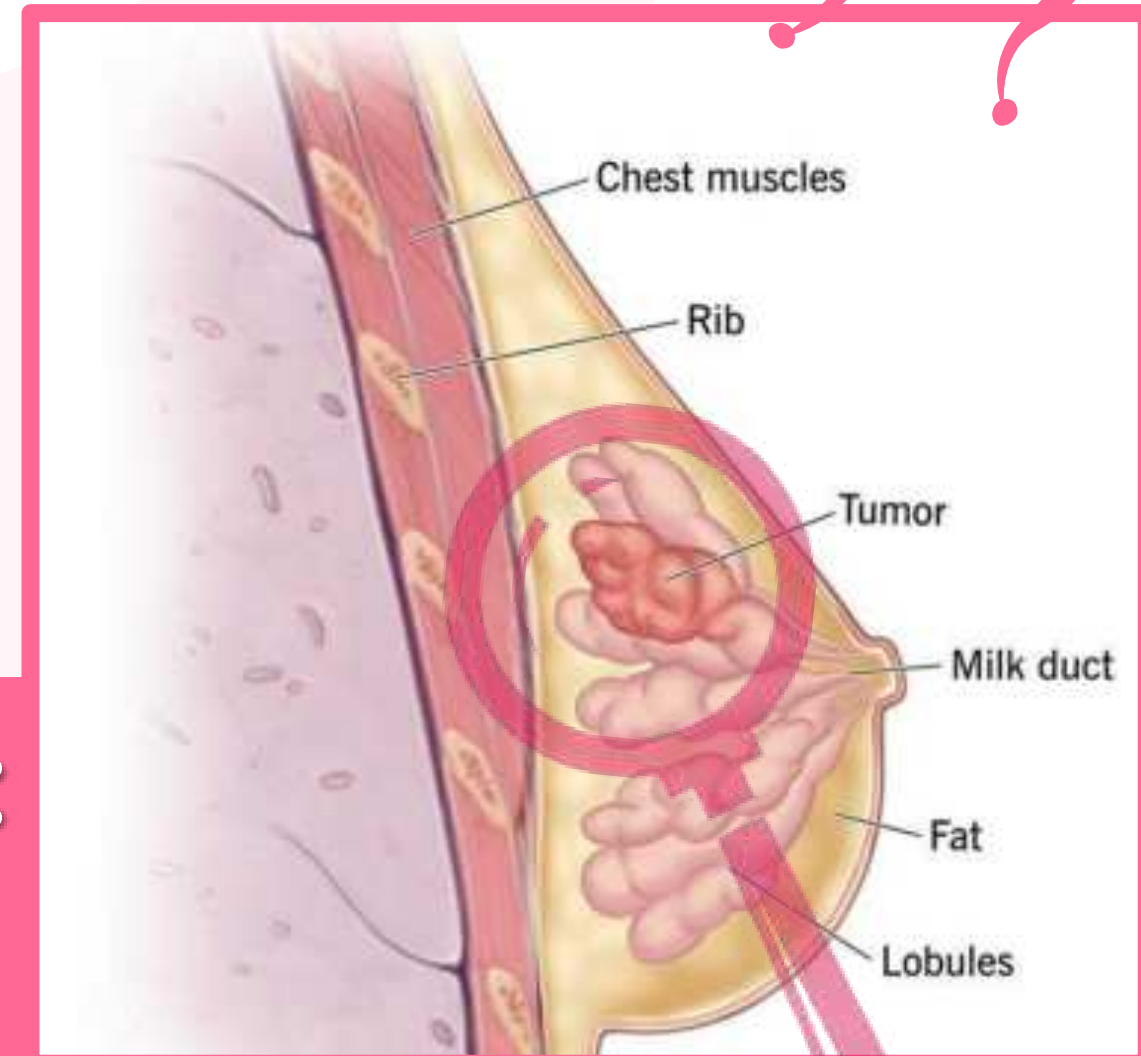
By : Lilia Omana-Singh

What is Breast Cancer?

Breast cancer is a disease in which cells in the breast grow out of control and usually form a tumor.

Parts of the Breast where Cancer Starts:

- Ducts
- Lobules
- Connective and Stroma Tissue
- Nipple and Vessels



Know Your Risk

1 in 8

**women will face
breast cancer in
her lifetime**

#1

**most diagnosed
cancer in women
worldwide**

**About 1% of cases occur in men.
Anyone who finds a lump should get it checked**

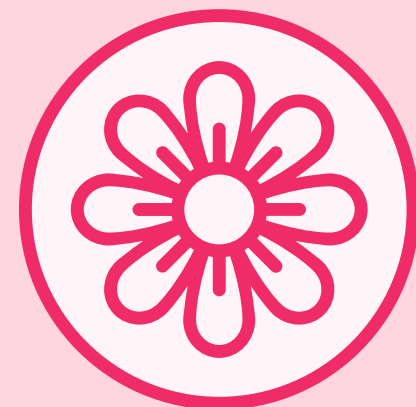


Symptoms

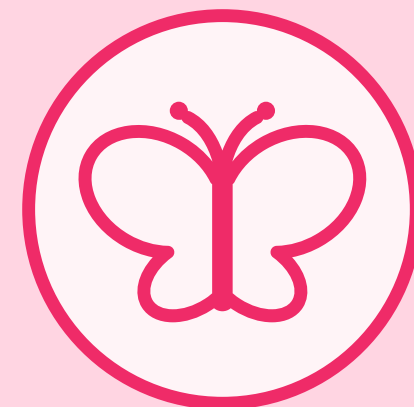
Be alert if you experience symptoms such as:



**New Lump in
the Breast or
Underarm.**



**Skin changes
Dimpling or
skin like an
Orange Peel**

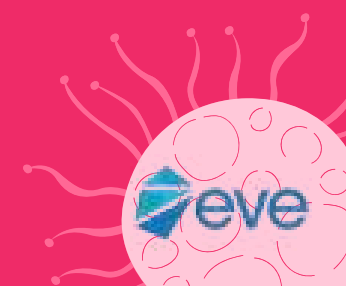


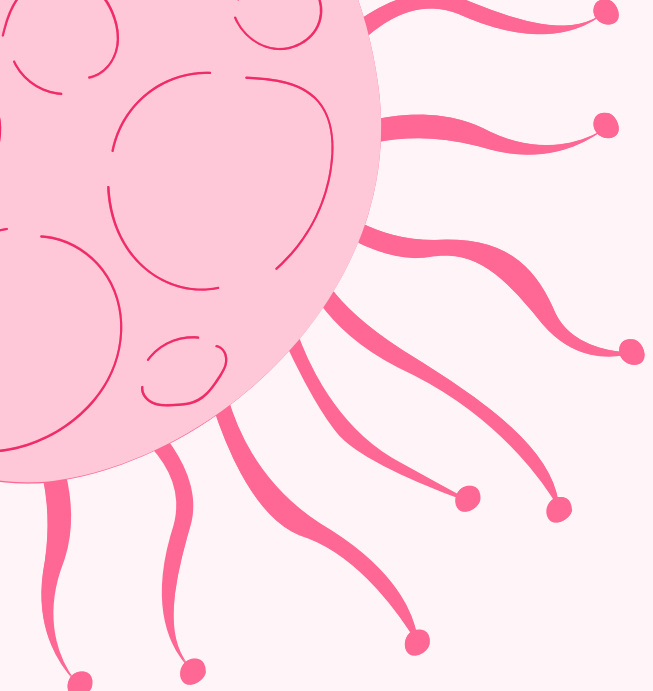
**Nipple
turning
inward, or
discharge**



**Redness,
scaling or
persistent
pain**

If you don't see any change in two weeks, see a doctor.





Risk Factors



Age



Family
History



Genetics



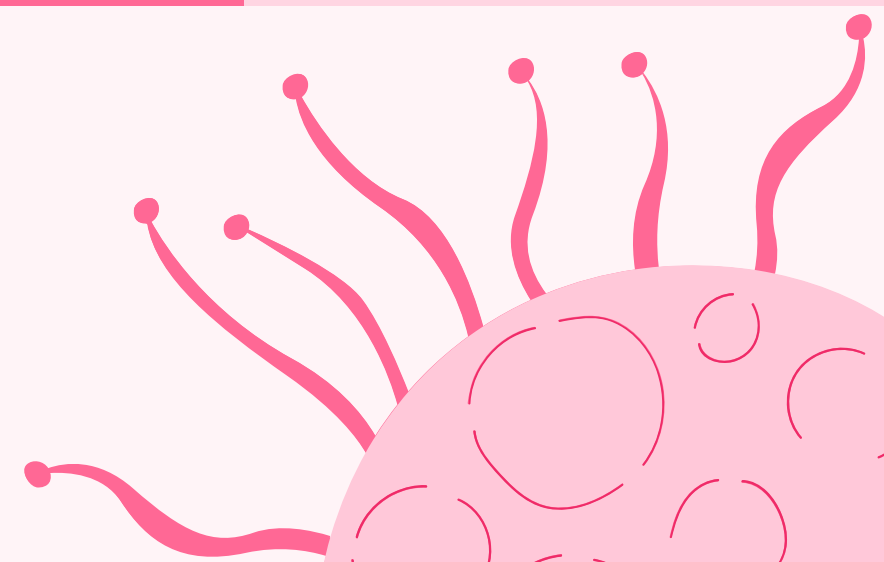
Weight



Lifestyle



Hormonal
Factors



Supporting Health



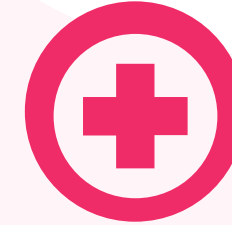
Psycho-Social Circle

Family & professional support networks alleviate emotional distress.



Doctor

Open dialogue with specialists ensures informed decision-making.



Healthy food

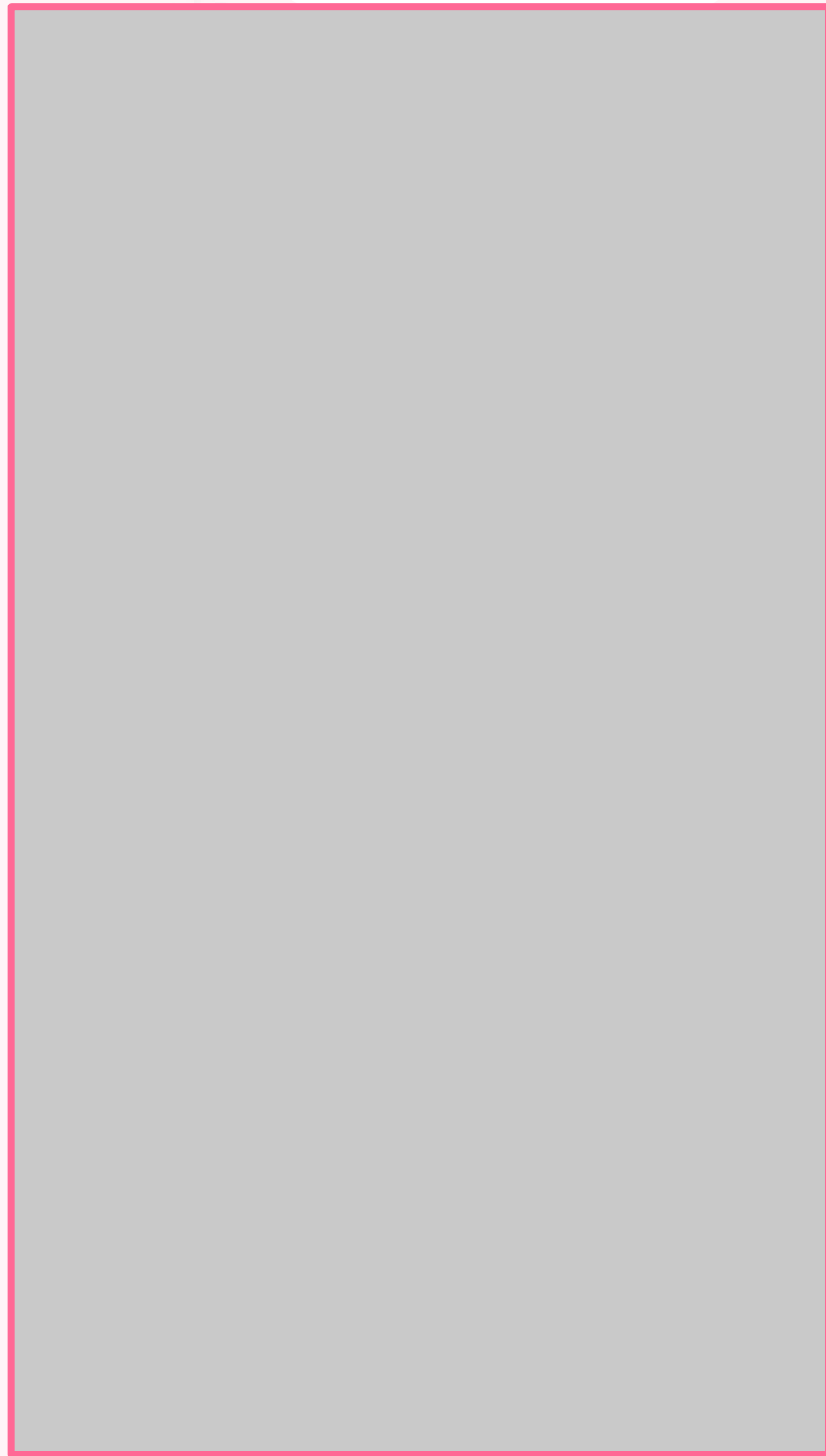
Balanced anti-inflammatory diets support immune function.



Exercise

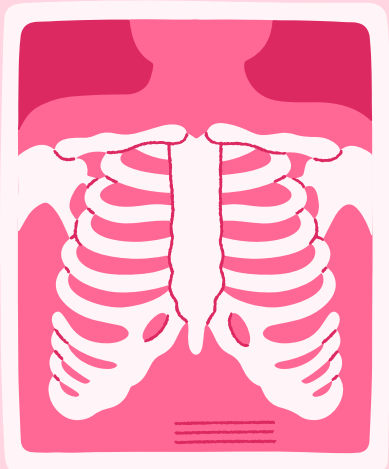
Moderate movement reduces fatigue and improves prognosis.

How to Do a Breast Self-Exam



**** link**

Screening Methods



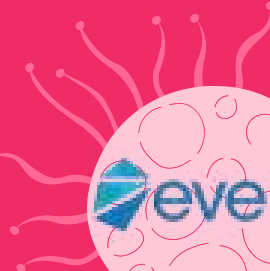
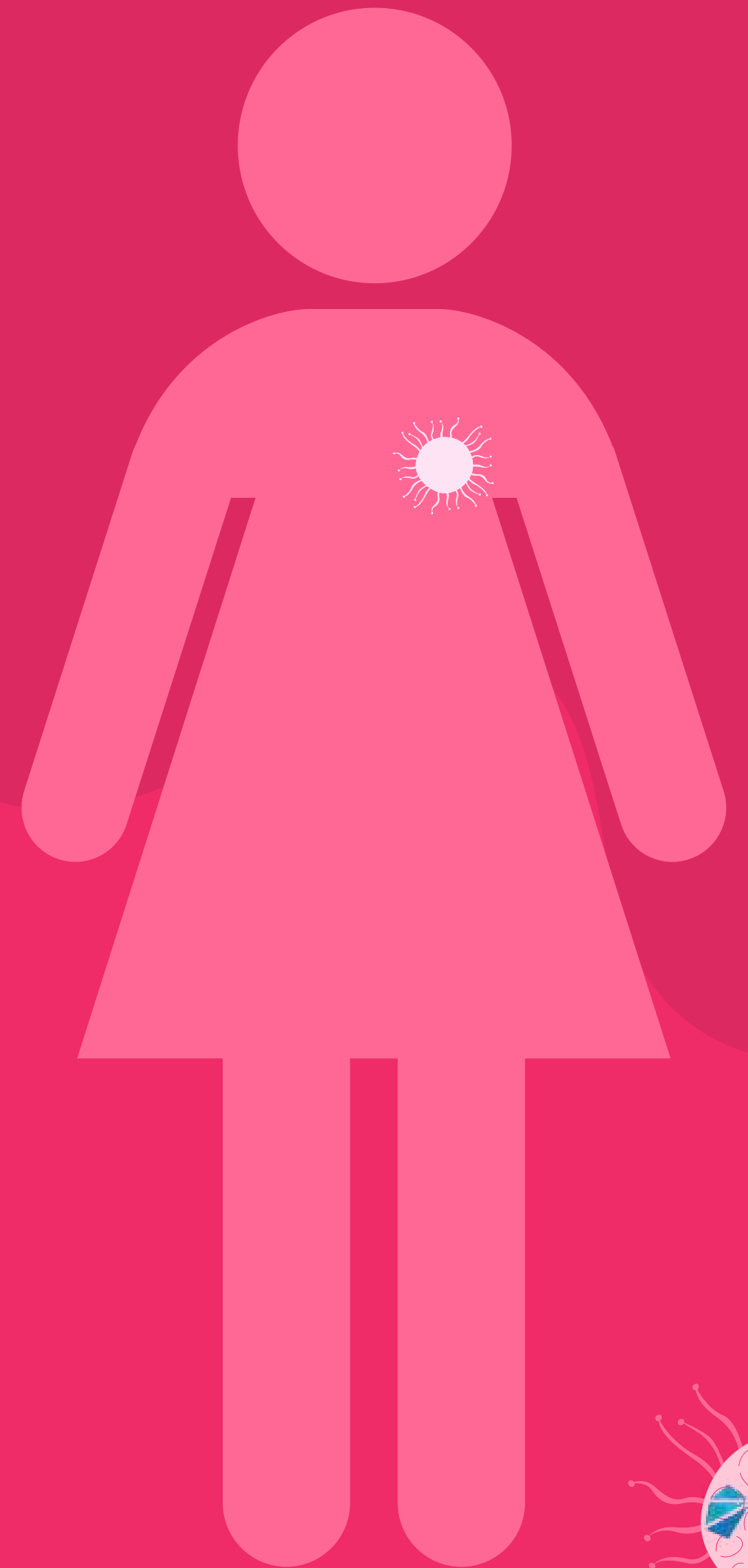
Mammograms recommended every 1-2 years from age 40-50, earlier if high risk.



Talk to your doctor
Ask about your personal risk and when to start screening.



Monitor your normal
Be familiar with how your breasts look and feel. Report changes promptly.



Treatment Options



Surgical Resection
Targeted lumpectomy or mastectomy to clear local tumor tissue.



Radiation Therapy
High-energy beams eliminate residual microscopic cancer cells.



Chemotherapy
Systemic pharmacological agents targeting rapidly dividing cells.



Targeted Biologics
Precision drugs blocking specific receptors like HER2 or HR+.

The Story of The Pink Ribbon

1991
Charlotte Haley hand-
makes peach ribbons to
demand more research
funding.

1992
Evelyn Lauder and
Alexandra Penney (SELF)
seek to use it. Haley
declines commercial use.

1992
They adopt pink and
distribute 1.5 million
ribbons at Estee Lauder
counters.



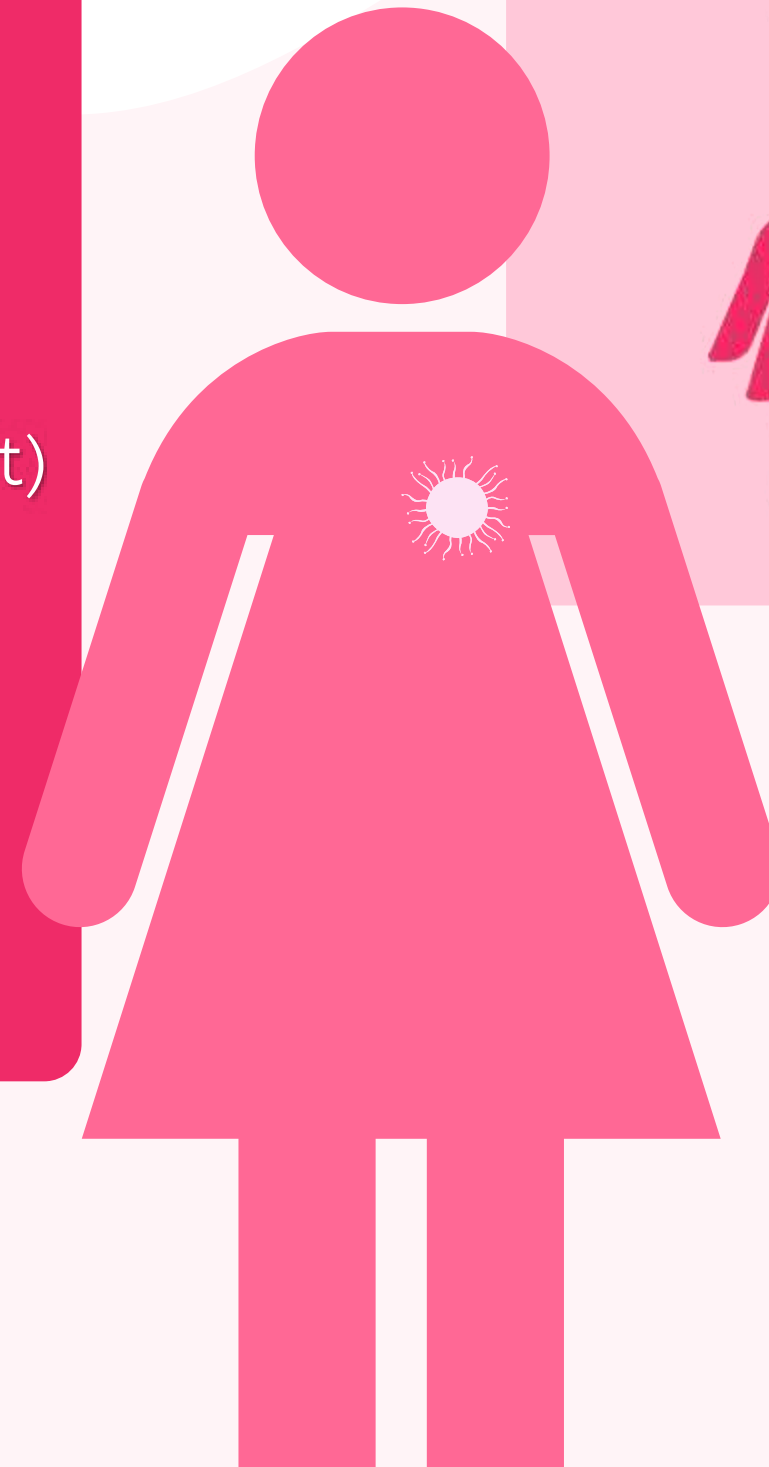
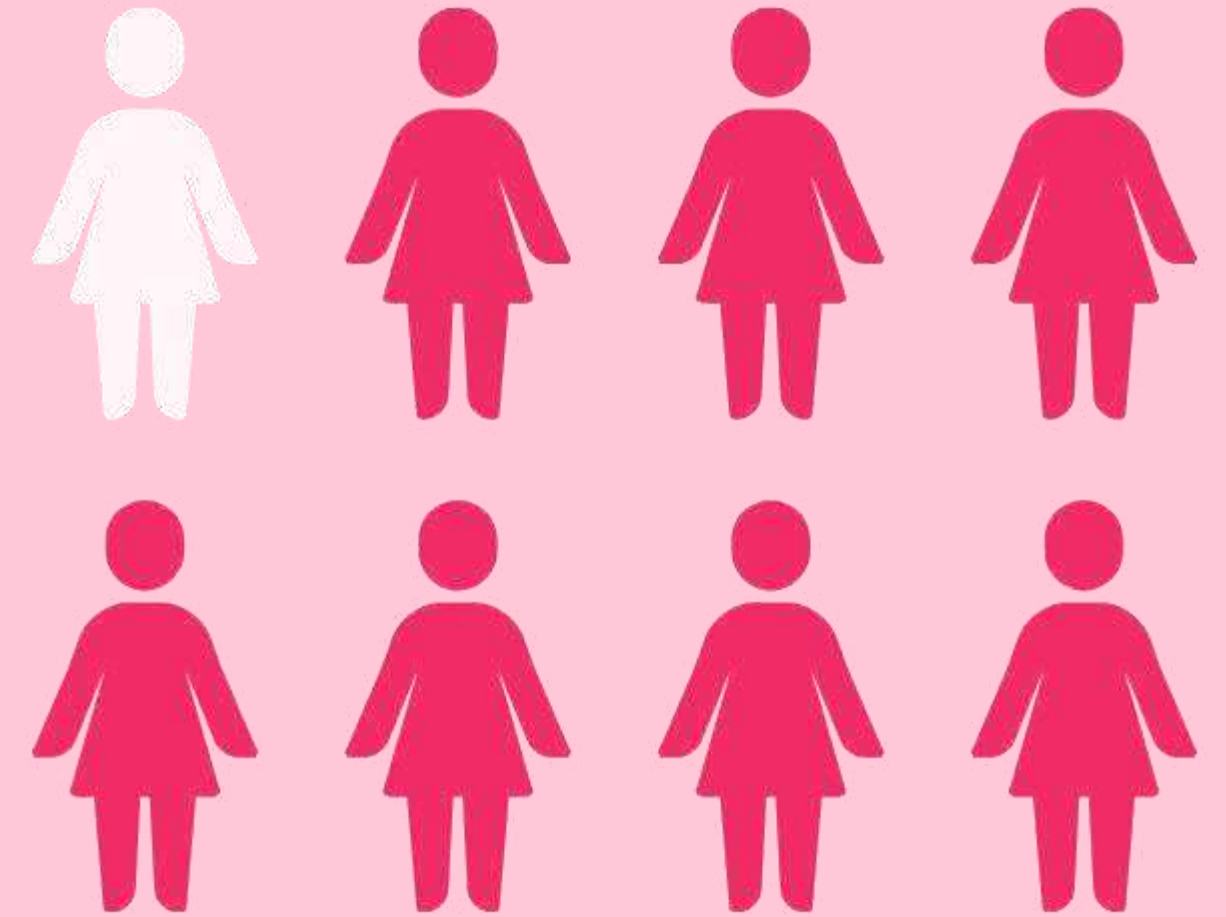


Why October?

- In 1985, the American Cancer Society and Imperial Chemical Industries launch the first awareness campaign
- Since then, it has grown into an internationally recognized occurrence annually on the month of October
- As such, Breast Cancer Awareness Month has now become a natural reminder to book your check-up

Local Resources

- **Trinidad and Tobago Cancer Society (TTCS):**
69 Dundonald Street, Port of Spain
(Phone: +1-868-226-1221 or emailbookings@cancer.tt)
- **Scotiabank Women Against Breast Cancer Programme:**



**Thank You
for Listening**

