



# NO MATTER WHAT SIZE YOU ARE. CHECK REGULARLY.





**FREE services L** 3656 0800 www.cancer-fund.org/pink

## What is breast cancer?

Breast cancer is a malignant tumour that starts in the breast tissue. However, your risk may increase due to strong family history in first degree relatives, personal breast cancer history, and lifestyle factors such as smoking, excessive alcohol consumption and physical inactivity.



Breast cancer is the most common cancer among women. It ranks as the 3rd leading cause of cancer-related deaths among women in Hong Kong\*



One in 13 women in Hong Kong are at risk of developing breast



There were 5,565 new breast cancer cases in 2021 among women in Hong Kong

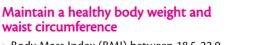
is the median age of women with breast cancer in Hong Kong\*

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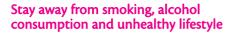
# How can I reduce my risk?#

#### **Exercise regularly**

Do at least 150 minutes of moderateintensity aerobic physical activities per week



- Body Mass Index (BMI) between 18.5-22.9
- Waist Circumference not more than 80cm for women



<sup>&#</sup>x27;Prevention and Screening for Breast Cancer Booklet', Department of Health 2022 Hong Kong Cancer Registry, Hospital Authority 2023 (figures in 2021) ^Lifetime risk before age 75



It is common for women's breasts to change. Changes take place during menstruation, pregnancy or when breastfeeding. It is important to know your breasts so you can identify anything unusual.

#### **Breast cancer symptoms**

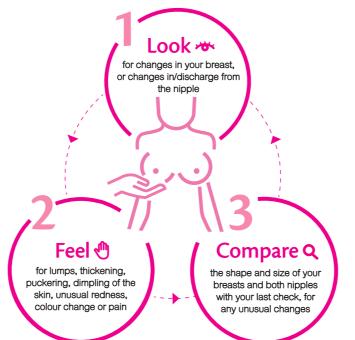
a breast



If you notice any of the above changes, please consult your doctor for a clinical breast examination. Checking your breast regularly could save your life!

a change in its shape

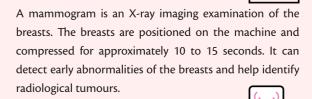
### Check your breasts in 3 easy steps



## How can I be screened?

If you detect changes in your breasts, your doctor will examine you and enquire about your family history. Your lymph nodes, underarms, and neck lymph nodes will be examined for swelling, pain, or other abnormal conditions. If there are any unusual findings, further tests will be done to confirm the diagnosis, such as an ultrasound or mammogram.

#### Mammogram



#### Ultrasound

An ultrasound is used to assess the general condition of the breast. It determines whether a lump is a cyst or a solid mass, and helps detect if there is swelling of any lymph nodes in the armpit.

## Should I get screened?

All women who consider breast cancer screening should be informed about the benefits and limitations. Women at high risk (e.g. carriers of confirmed BRCA 1 or 2 gene mutations, or anyone with strong family of breast cancer, etc.) should seek medical advice for screening methods, frequency and the age to commence the screening. If you notice anything unusual in your breasts, please consult your doctor immediately.







Hong Kong Cancer Fund

Please show your support to women touched by breast cancer. Make a donation so we can continue to expand our Free breast cancer services. As little as HK\$170 will provide a Pink

Recovery Pack to be delivered to women after breast cancer surgery to help with recovery. It offers patients the tools to alleviate pain and ease discomfort as well as an information booklet.

pink souvenir.



To show our appreciation, everyone who A set of Pink Make-up Bag donates HK\$170 or more will receive a

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OI wish to give a	monthly donatio	<b>n</b> of *:		
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Your personal information will be treated as strictly confidential and used solely for handling your donation, issuing receipts, providing donor services, communication, appeal fundraising, feedback collection and inviting you to our health talks and relevant activities. You may refer to the Personal Data Collection Policy on our website for details.

\*Monthly donations continue after the credit card expiry date until further notice is given

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