



**B E A T CANCER  
45 DAYS FASTER**

## **INTRODUCING IORT**

[Intra-Operative Radiation Therapy]

ACCURATE & PRECISE • NO HOSPITALIZATION  
MINIMUM RADIATION EXPOSURE • SAME DAY TREATMENT



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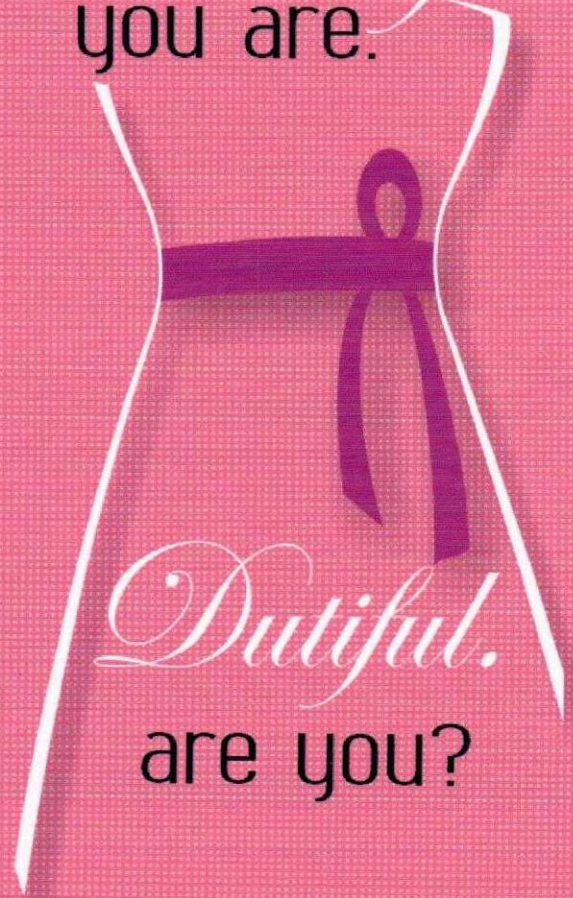
Promoted by Smt. Nandamuri Basavataraka Ramarao Memorial Cancer Foundation  
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*Beautiful.*  
you are.



*Dutiful.*  
are you?

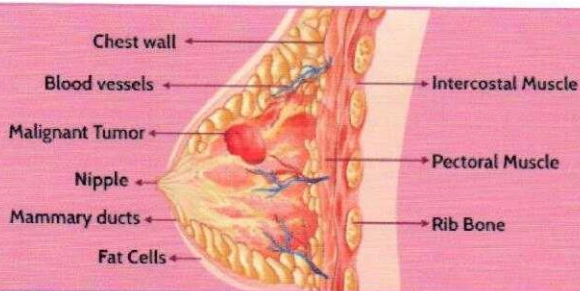
Get checked for  
**Breast Cancer**





## What is Breast Cancer ?

It is an abnormal growth of cells, forming an abnormal lesion in the breast.



## Who get Breast Cancer ?

These are the risk factors for breast cancer:

- Personal history of breast cancer.
- Women over the age of 50.
- Family history of breast cancer especially in first degree relatives.
- Beginning your menstrual cycle at an early age.
- Going through menopause at a late stage.
- Having no children.
- Having your first pregnancy after the age of 30.
- Being overweight.
- Excessive consumption of alcohol.

## What do I look out for ?

- A lump or thickening anywhere in the breast.
- Skin dimpling or puckering of the breast.
- A nipple that is pushed in (inverted), and hasn't always been that way.
- Discharge from the nipple that come out by itself, staining your clothing.
- Any change in the shape, texture, or color of the skin.

## What should I do to detect these signs ?

Do self examination of the breast every month after the menstrual cycle. If you are over 40, you should have regular mammogram exams for every 2 years.

## What treatment is available?

- Surgery (Breast conserving / mastectomy)
- Radiotherapy
- Chemotherapy

## Steps to BREAST SELF-EXAMINATION

At the same time each month, check for any change in the normal look or feel of your breasts. Look for a lump, hard knot, or skin that thickens or dimples. Report any changes to your doctor or nurse. Go for regular exams and pap tests. Ask about a mammogram.



### Step One: Lying down

- Lie down on your back with a pillow under your right shoulder.
- Use the pads of the three middle fingers on your left hand to examine your right breast.
- Press using light, medium and firm pressure in a circular motion without lifting your fingers off the skin.
- Follow an up and down pattern.
- Feel for changes in your breast, above and below your collarbone and in your armpit area.
- Repeat on your left breast using your right hand.



These steps may be repeated while bathing or showering using soapy hands.



### Step Two: In front of the mirror

Look for any changes from normal, inspect your breast in four steps.

- Hold your arms at your sides.
- Hold your arms over your head.
- Press your hands on your hips to tighten your chest muscles.
- Bend forward with your hands on your hips.



### Step Three: In the shower

- Raise your right arm. With soapy hands and fingers flat.
- Check your right breast.
- Use the method described in the "Lying Down" step.
- Repeat on your left breast.

