



**IF YOU ARE 20-39 YEARS OLD,
BLUE VEINS RECOMMENDS
THAT YOU:**

- ❖ Examine your breasts monthly
- ❖ Have a breast exam by your doctor or health care provider every three years

IF YOU ARE 40 OR OVER:

- ❖ Examine your breasts monthly
- ❖ Have a breast exam by your doctor or health care provider every year
- ❖ Have a mammogram every year

Blue Veins is a Non Governmental, Non-profit humanitarian organization & the only NGO fighting Breast Cancer in Pakistan since 1999. Our ultimate goal is to save life and eradicate Breast Cancer through Awareness, Action & Advocacy.

Our mission is to educate women about Breast Cancer and the importance of detecting the disease in the earliest, most treatable stages. Our campaign is predicated upon the Blue Veins belief that an educated and engaged public is essential to the ultimate eradication of Breast Cancer.

Financial Assistance



The Susan G.Komen
Breast Cancer Foundation

"Above Licensed Mark is Registered
Trade Mark of Susan G. Komen"

Stop Breast Cancer for Life



A Personal Plan of Action for
Breast Health



If you think you have found a lump or change, see your doctor. Most breast Lumps are not cancer, but you won't know if you don't ask.

YOUR CHANCES ARE EXCELLENT...

...If you begin your action plan now. We don't know how to prevent breast cancer. But we do know how to find it early, when the chance for successful treatment is greatest.

Put your plan into action right away. Then you can spend your life enjoying your health.

BECAUSE YOU ARE A WOMAN...

...You need to know certain facts about breast cancer.

First, *all women are at risk* for breast cancer. Breast cancer now causes more deaths among women than any other cancer except lung cancer.

You also need to know that many breast Cancer may be treated successfully. But *only* if they are found early.

KEEP IN MIND...

...That these risk factors put you at a higher risk for having breast cancer:

- ❖ Personal history of breast cancer
- ❖ Over age 40
- ❖ History of breast cancer in your close family (mother, sister)

YOUR BEST DEFENSE...

...Is to find breast cancer early. And when breast cancer is found in its earliest stages, the chance for successful treatment is greatest.

DECIDE ON A PERSONAL PLAN...

...So that you can enjoy your good health without worry. Set up a plan of action that will include:

- ❖ Mammography
- ❖ Examination of the breasts by a health care provider
- ❖ Self-examination of the breasts

THE MOST IMPORTANT PART OF YOUR ACTION PLAN...

...Is having regular mammograms. These simple breast x-rays are quick, easy, and safe. In fact, mamograms use less radiation than a dentist's x-ray.

And a mammogram can give you a big head start on treatment. You and your doctor may feel a lump as small as a pea. But a mammo-gram can detect some cancers as small as a pin head, that may be up to two years before a lump or a change can be felt.

Blue Veins advises you to have yearly mammograms beginning at age 40

As you grow older, your chances of having breast cancer will increase. Almost half of all breast cancer occurs in women 65 and older.

YOU'LL NEED...

...To see your health care provider for a *clinical breast exam*. All women over age 20 should have a clinical breast exam once every three years. After the age of 40, have your breasts examined every year.

THE THIRD PART OF YOUR PLAN...

...Will be regular, thorough breast *self-exams*. Starting at the age of 20, all women should check their breasts for lumps, thick-nesses, or other changes every month. By examining your breasts on a regular basis, you will know how your breasts normally feel. If a change should occur in your breasts, you will be able to identify it quickly and call it to the attention of your doctor.

First, you should check each breast all over and include the armpit. Use your finger pads and move them in an up and down (a), cir-cular (b), or an in-and-out wedge (c) motion to feel your breasts. Your health care provider can teach you the right way to check yourself. You should also look at your breasts in a mirror. Look for any changes in how your breasts look or for dimpling of the skin.

Plan to examine your breasts at the same time every month. It won't take long. And you'll know you've done your part until your next doctors's exam and mammogram.