



OUR GOAL

IS TO RAISE AWARENESS FOR PEOPLE DIAGNOSED WITH CANCER.

Our purpose is to create awareness about Cancer, to educate on early detection and to render palliative care to Cancer patients.

Together with our Partnered institutions, we work harmoniously in all areas related to addressing Cancer control objectives in order to take care of patients with Cancer and support families of survivors.

BREAST CANCER RISK FACTORS SIGNS AND SYMPTOMS - Everyone has some risk of developing breast cancer. 1 in 8 woman will be diagnosed with invasive breast cancer over the course of her lifetime. This means the average woman's risk is 12 – 13%. A man's lifetime risk is much lower. 1 in 833. Yes men do also get breast cancer, with very similar signs and symptoms to what woman experience and should also do monthly self-breast exam checks.

RISK FACTORS - Some of the risk factors associated with breast cancer cannot be changed, such as age and genetics which can be an inherited genetic mutation like having a family history of the BRCA 1 Or 2 Gene called a germline mutation or a somatic mutation caused by a fault in the gene caused by the other mentioned risk factors. Other risk factors such as lack of exercise, smoking, drinking, unhealthy eating and obesity can be changed by choosing healthier lifestyle options. By making healthier choices you can keep your risk as low as it can be.

ESTABLISHED RISKS – Being a woman, age, family history, genetics, personal history of breast cancer, prior radiation to chest or face, certain breast changes, race/ethnicity/ being overweight, pregnancy history, breastfeeding history, menstrual history, Using hormone replacement therapy, drinking alcohol, dense breasts, lack of exercise, smoking.

EMERGING RISKS – Low vitamin d levels, light exposure at night, unhealthy food, exposure to chemicals in cosmetics, food, lawns and gardens, plastic, sunscreen, water, and when food is grilled/overcooked.

COMMON FEARS WITH NO EVIDENCE: Antiperspirants and Bra's. There is no scientific evidence to support either of these rumours.

SIGNS AND SYMPTOMS OF BREAST CANCER – Breast cancer symptoms vary widely – from swelling to skin changes – many breast cancers have no obvious symptoms and are not always painful. However the first sign of breast cancer is a new lump or mass in the breast that you or your doctor can feel. It is so important to have anything unusual checked by your doctor.

REGULAR CHECKING AND SCREENING – Breast self examinations should be part of your monthly healthcare routine done at the same time every month or 7 days after your menstrual cycle is complete. By doing regular monthly self-exams you get to know your own breast's which will enable you to be more aware of any changes. It is so important to know your normal. If you are over 40 or at high risk for breast cancer you should have an annual mammogram and physical exam by a Doctor. The earlier breast cancer is found and diagnosed, the better your chances of beating it. Breast Cancer does not kill you, its ability to spread does.

COMMON TYPES OF BREAST CANCER: Ductal Carcinoma in situ (DCIS) followed by Invasive ductal carcinoma then Lobular Carcinoma in situ (LCIS) followed by Invasive lobular carcinoma.

MOLECULAR SUBTYPES OF BREAST CANCER – There are five main molecular subtypes of breast cancer based on the genes a cancer expresses.

If you would like to be involved or join our Filotimo family of partners, email evy@filotimo.org.za for more information



www.filotimo.org.za



LUMINAL A BREAST CANCER IS HORMONE – receptor positive (estrogen-receptor and/or progesterone-receptor positive), HER2 negative, and has low levels of the protein Ki-67, which helps control how fast cancer cells grow. Luminal A cancers are low grade, tend to grow slowly and have the best prognosis.

LUMINAL B BREAST CANCER IS HORMONE - Receptor positive (estrogen-receptor and/or progesterone-receptor positive), and either HER2 positive or negative with high levels of Ki-67. Luminal B cancers generally grow slightly faster than luminal A cancers and their prognosis is slightly worse.

TRIPLE NEGATIVE/BASAL LIKE BREAST CANCER IS HORMONE - receptor negative (estrogen-receptor and progesterone-receptor negative) and HER2 Negative. This type of cancer is more common in woman with the BRCA 1 gene mutation and is more common in younger and black woman. Triple Negative breast cancer is an aggressive type of breast cancer.

HER2-enriched breast cancer is hormone receptor negative (estrogen receptor and progesterone-receptor negative) and HER2 positive. HER2 enriched cancers tend to grow faster than luminal cancers and can have a worse prognosis but they are often treated successfully with targeted therapies that target the HER2 protein. Herceptin (chemical name trastuzumab) being the most common.

NORMAL LIKE BREAST CANCER IS SIMILAR TO LUMINAL A DISEASE: hormone receptor positive er and pr receptor positive, HER2 negative and has low levels of Ki-67 protein which helps how fast the cells grow. Still why normal like breast cancer has a good prognosis, its prognosis is slightly worse than luminal A cancer's prognosis.

SELF EXAMINATION

EXAMINE YOUR BREASTS: FEEL FOR ANY CHANGE IN BREAST TISSUE THAT COULD FEEL LIKE THICKENING, OR A HARD LUMP.

1. Changes are more easily detected when lying down, and ideally when your hands are wet or soapy; in the bath or in the shower. Use the 3 middle fingers on either hand to examine the opposite breast.

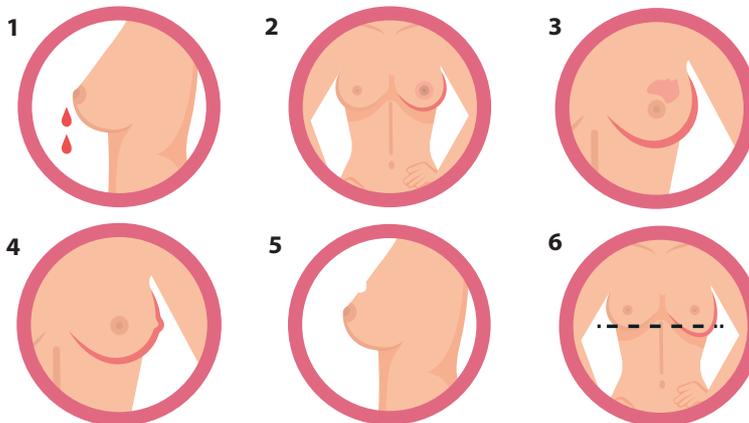
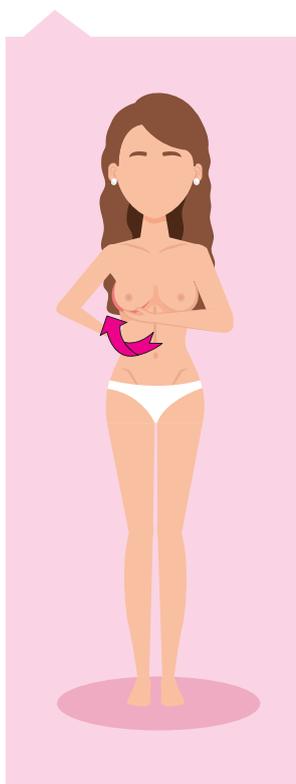
HERE'S HOW...

2. Using light pressure, then medium then firm pressure in a circular motion on your breast, follow an up and down pattern.

3. Now feel for any changes above and below your collarbone and in the area of your armpit.

4. Now repeat these steps on your left breast.

If in doubt, seek medical help and insist on at least an ultrasound or mammogram. Regular screening after the age of 40 is recommended



1. Nipple discharge - Other than breast milk any discharge especially blood or pus is not normal.

2. Skin texture change – Redness, swelling, warmth, orange peel appearance, bruised or pink looking breasts are not normal.

3. Skin irritation – Itchiness, rash, scaly or flaky skin around the nipple and areola are not normal.

4. Visible or palpable lump or swelling on your breast, under your arm, above or below your collar bone.

5. Dimpled or depressed looking skin.

6. Inverted or pulled in nipple.