



Breast Health Matters: Knowledge That Empowers

Breast Cancer Facts



1 in 8 women will be diagnosed with breast cancer in their lifetime



Early detection through self-exam and screening can save lives



Regular self-checks can be done in just a few minutes



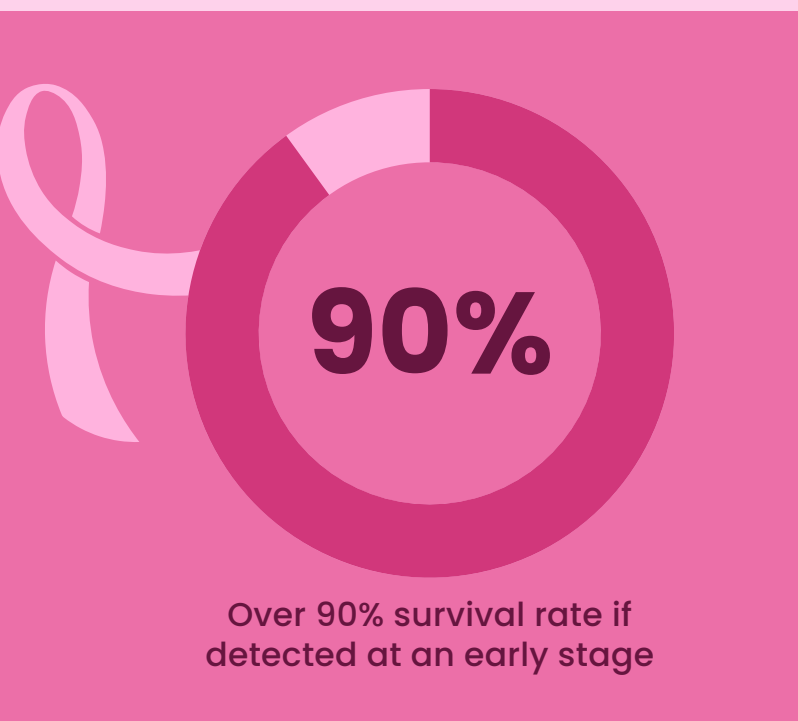
Breast cancer is the most common cancer in women worldwide



Lifestyle factors like diet and exercise affect risk levels



Family history increases risk, but most cases occur without it



Breast Cancer Survival Rate

- More than 2 million new cases are reported globally each year
- About 30% of all cancers in women are breast cancer.
- Less than 1% of cases occur in men, but it is still possible

Breast Cancer Prevention Tips

1. Do regular self-breast exams
2. Schedule routine screenings/mammograms
3. Maintain a healthy weight & Exercise regularly
4. Eat a balanced, nutritious diet
5. Manage stress and get enough sleep



Breast Cancer Healthy Tips

Do Regular Self-Checks

Take a few minutes each month to check your breasts.

Routine Screenings

Mammograms and medical check-ups for early detection

Stay Active Everyday

Exercise at least 30 minutes a day to maintain a healthy