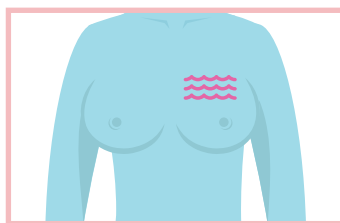


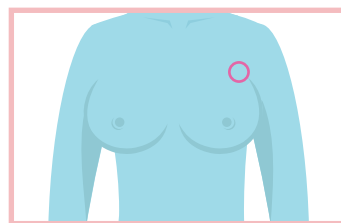
# SELF examination is SELF care

Brought to you in the interest of Breast Cancer Awareness

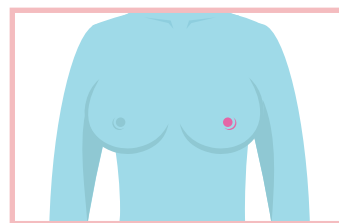
Early detection can lead to more effective treatment and a positive prognosis. About 90% of patients survive for many years after their first diagnosis when breast cancer is detected timeously. Keep an eye out for one or more of the following danger signs and symptoms\*:



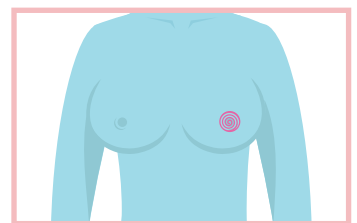
**A puckering of the skin of the breast**



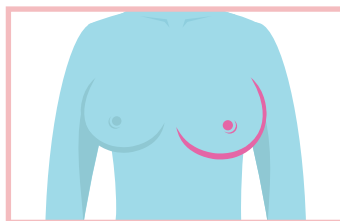
**A lump in the breast or armpit**



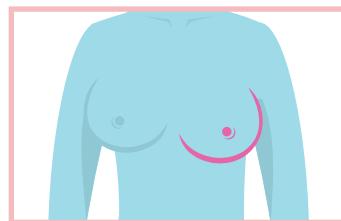
**A change in the skin around the nipple or nipple discharge**



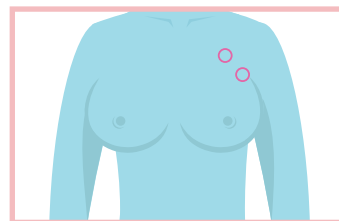
**Dimpling of the nipple or nipple retraction**



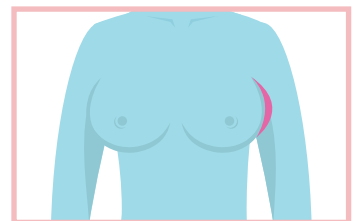
**An unusual increase in the size of one breast**



**One breast unusually lower than the other - nipples may be at different levels**



**An enlargement of the glands around your breast**



**An unusual swelling in the armpit**

## GETTING HELP

For more information about Life Oncology's treatment options visit [www.lifehealthcare.co.za](http://www.lifehealthcare.co.za) or contact your nearest healthcare provider. Alternatively you can contact the Cancer Association of South Africa on their toll-free number (0800 22 66 22) or visit [www.cansa.org.za](http://www.cansa.org.za).

\*We would like to thank CANSA for the information used in this flyer.