

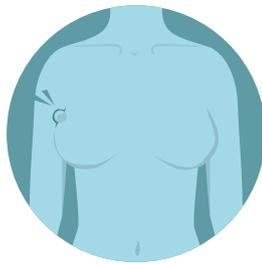
Breast Care Self Examination

Brought to you in the interest of
Breast Cancer Awareness Month

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*:



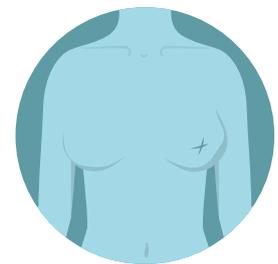
A puckering of the skin of the breast



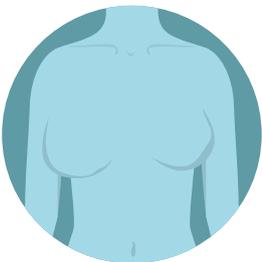
A lump in the breast or armpit



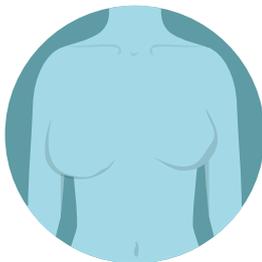
A change in the skin around the nipple or nipple discharge



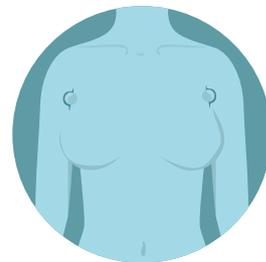
Dimpling of the nipple or nipple retraction



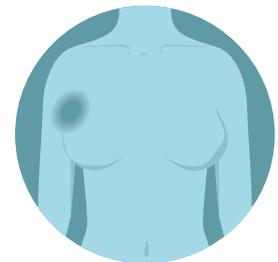
An unusual increase in the size of one breast



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 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.

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

