

## Have You Checked Your Breast?

If you felt a LUMP or found any abnormal sign and symptoms on your breast:

Do not panic

Do not be shy

Go to your nearest clinic and get a check up!

## How To Beat Breast Cancer?

The treatments available for breast cancer depends on the type of cancer, its stage and your general health condition.

- Surgery
- Hormone Therapy
- Chemotherapy, Targeted Agents
- Radiation Therapy
- Supportive Care

## The Best Protection Is Early Detection

It may not help to prevent breast cancer, BUT early detection increases the chance of successful treatment and definite diagnosis



## Contact Us

### Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

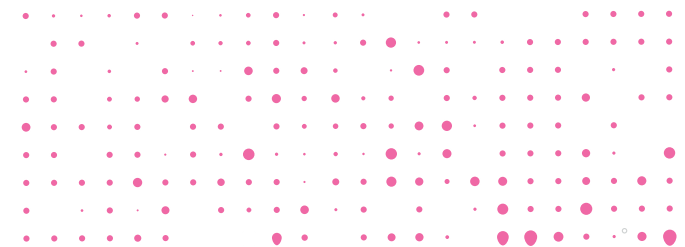
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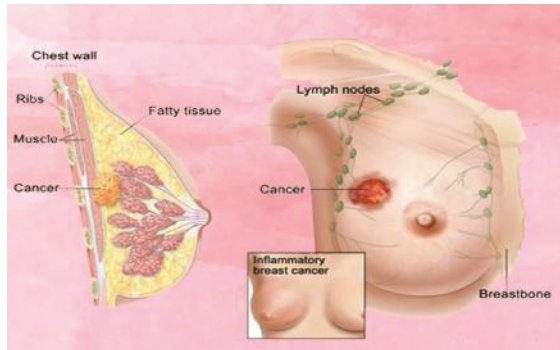
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## It's Never Too Late To Fight Breast Cancer



# Lets Learn About Breast Cancer

Cancer refers to uncontrolled growth of cells in a part of the body, whereas, tumour is a mass of tissue formed by extra growth of cells in any part of the body.



## A tumour is classified into 2 categories:

### Benign Tumour

- Non-cancerous
- Rarely invades other tissues
- Does not spread to other parts of the body
- May or may not grow back once removed

### Malignant Tumour

- Cancer
- Can invade other tissue
- Can spread to other parts of the body
- May grow back even after removal

## Risk Factors

Most of the time, the cause of breast cancer is not known. However, there are several factors that may increase the risk of breast cancer.

### Female:

Although it mostly affects women, it may also occur in men.

### Obesity

### Being physically inactive

### Family History:

Risk increases if any 1st degree relatives such as mother or sister has breast cancer or had suffered it in the past.

### Genes:

Abnormalities in certain genes increase the risk of breast cancer and can be hereditary

### Contraceptive:

Prolong use of contraceptives via oral use or injections.

## What to look for?



## How To Prevent Breast Cancer?

Modifying daily lifestyle according to the following recommendations may help to prevent breast cancer:

- Increase physical exercise
- A well balanced diet
- Avoid smoking or being a passive smoker
- Avoid taking unnecessary supplements or hormone medication without any doctor's prescription