

- Every two minutes a woman is diagnosed with breast cancer.
- One in eight women who live to the age of 85 will develop breast cancer during her lifetime.
- Breast cancer is the leading cause of death in women between the ages of 40 and 55.
- Approximately 1,600 men are expected to be diagnosed with breast cancer in a year and about 400 are predicted to die.
- Seventy percent of all breast cancers are found through breast self-exams. Not all lumps are detectable by touch. We recommend regular mammograms and monthly breast self-exams.
- Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic. Call your doctor for an appointment
- Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.

When breast cancer is found early, the five year survival rate is 96%.

An Early Breast Cancer Detection Plan should include:

- Clinical breast examinations every three years from ages 20-39, then every year thereafter.
- Monthly breast self-examinations beginning at age 20. Look for any changes in your breasts.
- Baseline mammogram by the age of 40.
- Mammogram every one to two years for women 40-49, depending on previous findings.
- Mammogram every year for women 50 and older.
- A personal calendar to record your self examinations, mammograms, and doctor appointments.
- A low-fat diet, regular exercise, and no smoking or drinking.

Services

- Pre Conception Counseling
- Infertility Workup
- IUI or Intra Uterine Insemination
- IVF or In Vitro Fertilization
- ICSI or Intra Cytoplasmic Sperm Injection
- Oocyte Donation and Egg Sharing Programmes
- Surrogacy
- Embryo Freezing and Oocyte Freezing
- Cryo Preserved Semen Bank
- Andrology Clinic
- TESA and PESA
- Basic and Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Screening (PGS)
- Recurrent Miscarriage Clinic
- Nutrition Clinic
- Pharmacy



8100400300

- ① **Care IVF Lansdowne:** 88 B, Sarat Bose Road, Kolkata - 700 026. Ph - 033 40707001, 9674 304767
- ② **Care IVF Salt Lake:** AC 12, Sector - I, Salt Lake City Kolkata - 700 064. Ph - 033 40053085
- ③ **Care IVF Jamshedpur:** Micheal John Tower Southern Town Area - 06, K Road, Bistupur. Ph - 0833 4950664
- ④ **Care IVF Siliguri:** Tilak Road, Hakim Para Siliguri - 734 001. Ph - 700 3822488, 9073 304279



babies@careivfkolkata.com



DON'T MAKE EXCUSES MAKE AN APPOINTMENT



Care IVF



BREAST LUMPS AND CANCER

Breast Cancer is the leading cause of cancer in women in the world and the 2nd most common type of cancer in women in India next to cervical cancer. Yet unfortunately most women still want only their blood pressure and blood sugars checked when visiting a doctor.

Unfortunately this total lack of education regarding breast cancer is also mixed with an exaggerated response to any breast lump even if it is at the age of 19 yrs.

In Breast Cancer:

- A lump is detected, which is usually single, firm, and most often painless.
- A portion of the skin on the breast or underarm swells and has an unusual appearance.
- Veins on the skin surface become more prominent on one breast.
- The breast nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge other than breast milk.
- A depression is found in an area of the breast surface.

Women's breasts can develop some degree of lumpiness, specially before periods, but only a small percentage of lumps are malignant. This is especially very common in the adolescent age group and is usually resolved with certain vitamins but requires stringent follow up.

While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. If you have a family history of breast cancer, this should be discussed with us.

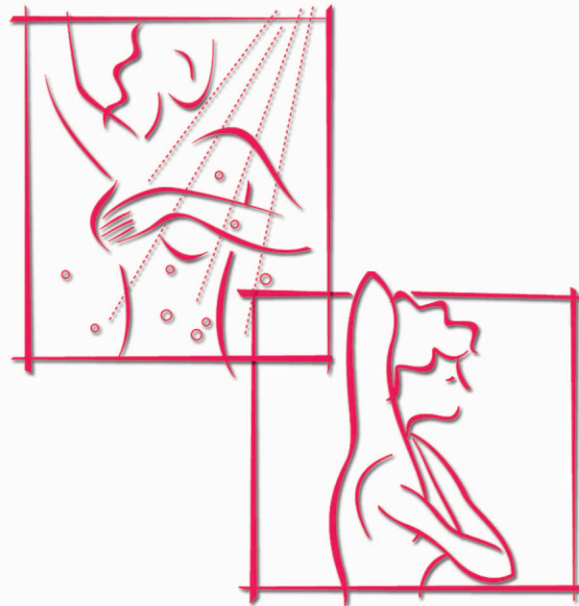
HOW TO DO A BREAST SELF - EXAMINATION

TIMING?

In the 1st week after your periods because the lumpiness is likely to be least.

In The Shower :

Fingers flat, move gently over every part of each breast. Use your right hand to examine left breast, left hand for right breast. Check for any lump, hard knot or thickening. Carefully observe any changes in your breasts.

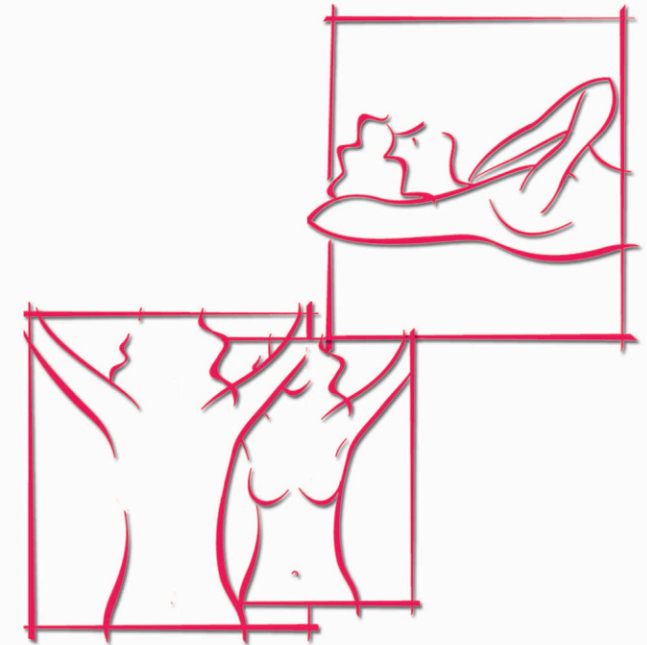


Underarms

Check for any lumps or swelling in your underarms with the tip of the fingers of the opposite hand in the upright position.

Lying Down :

Place pillow under right shoulder, right arm behind your head. With fingers of left hand flat, press right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium and firm pressure. Squeeze nipple; check for discharge and lumps. Repeat these steps for your left breast.



Before A Mirror :

Inspect your breasts with arms at your sides. Next, raise your arms high overhead. Look for any changes in contour of each breast, a swelling, a dimpling of skin or changes in the nipple. Then rest palm on hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do. Both nipples may not be at the same level.