

FACTS ON BREAST CANCER:

Breast cancer is one of the most common cancers in the world – more than 1 million women are diagnosed with it each year. One in eight women in Germany develops breast cancer during their lives. That is about 70,000 new cases a year.

Women under the age of 50 can also develop breast cancer. Each of us may be affected, but what many do not know: The 10-year relative survival rate is 82%. In most cases, full recovery is possible through early detection of the disease.

It is important to be familiar with your own breast just as well as the rest of the body. Because then you are most likely to notice when something changes. A change itself does not mean anything, but provides a chance to talk to a doctor about it early.

SERVICES FOR EARLY DETECTION OF BREAST CANCER IN GERMANY:

Doctors recommend an annual screening beginning at the age of 30 – this is paid for by the statutory health insurance funds. In doing so, the gynecologist scans the chest and armpits and checks for changes. Women between 50 and 69 receive an invitation to a mammography every two years (X-ray examination).

Other early detection measures that, in exceptional cases as for example a suspicious finding, are covered by health insurance are: ultrasound, magnetic resonance imaging (MRI).

No screening method can detect whether a change is harmless or malignant. This always requires tissue collection (biopsy).

Note: Services may vary from patient to patient and possibly among the various health insurance companies. Check with your health insurance what benefits you are entitled to.

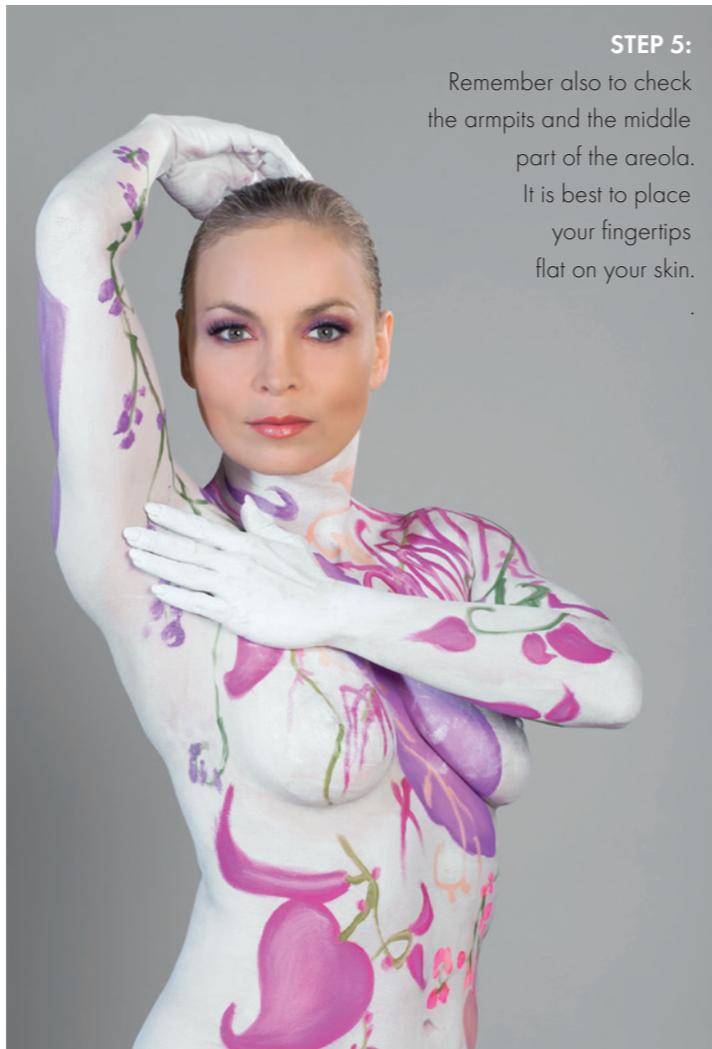
Take care of your health!

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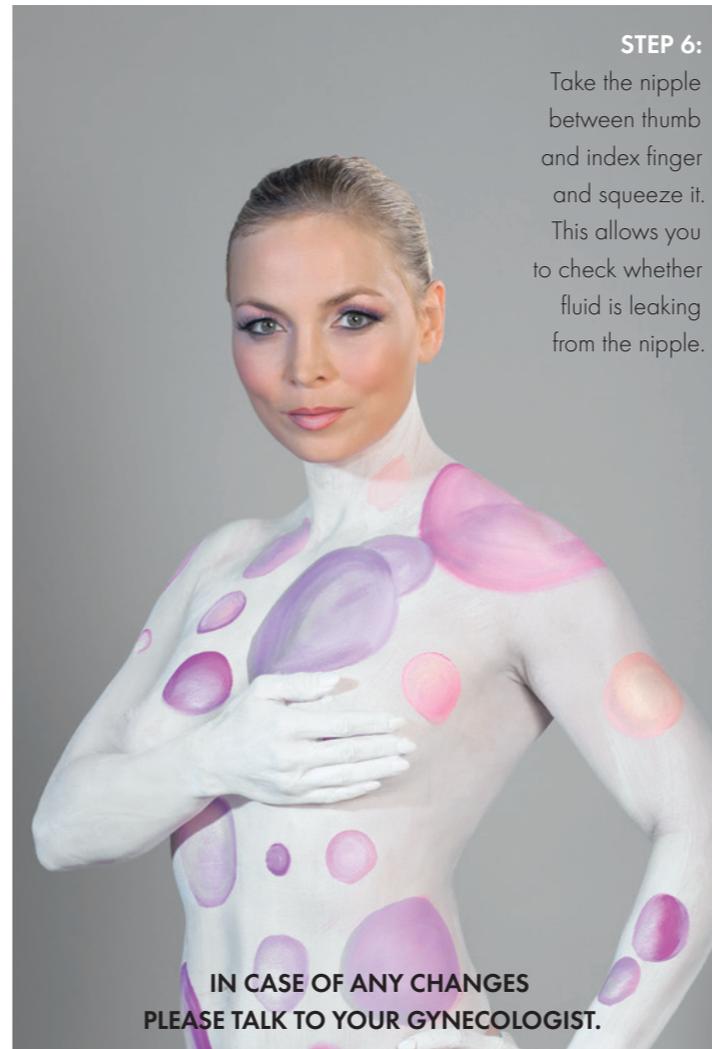
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STEP 5:

Remember also to check the armpits and the middle part of the areola. It is best to place your fingertips flat on your skin.



STEP 6:

Take the nipple between thumb and index finger and squeeze it. This allows you to check whether fluid is leaking from the nipple.

**IN CASE OF ANY CHANGES
PLEASE TALK TO YOUR GYNECOLOGIST.**




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HINFÜHLEN STATT WEGSEHEN

For more early detection of breast cancer.

The action „Hinfühlen statt Wegsehen“ is supported by Regina Halmich, Bodypainting by Filippo loco, photographed by Marguerite Oelofse.

STEP 1:

Stand in front of the mirror,
hands on hips.
Compare your breasts and
check for changes in shape,
in form and position.
Have the nipples changed?
Has the skin changed?



**CHOOSE A FIXED DAY DURING THE WEEK AFTER
YOUR CYCLE TO SCAN YOUR BREAST.
AFTER THE MONOPAUSE ANY DAY CAN BE CHOSEN.**

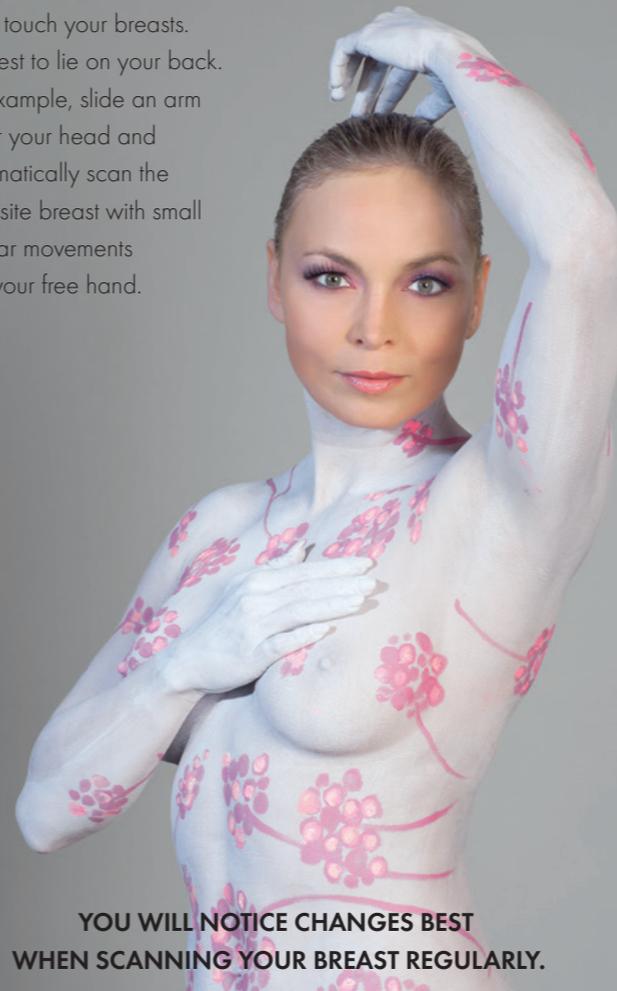
STEP 2:

Raise both arms.
Do the breasts follow
the movement?
Look at yourself from
the front and sides.
Do you see dents
or bulges?
Watch your nipples.
Are they turned in?



STEP 3:

Now touch your breasts.
It is best to lie on your back.
For example, slide an arm
under your head and
systematically scan the
opposite breast with small
circular movements
with your free hand.



**YOU WILL NOTICE CHANGES BEST
WHEN SCANNING YOUR BREAST REGULARLY.**

STEP 4:

It makes sense, when scanning,
to always follow a certain scheme.
Start, for example,
in the middle of your
chest bone and touch
your breast systematically,
with small circular
movements, going up
and down, continuing
across your breast.

