

I had a breast exam, and the doctors found the cancer when it was very small and could be treated effectively.

The tumor is very small



*"Now I am healthy."*



My husband, family, and neighbors supported me.



Now I am healthy, and look forward to a long, healthy life

**Maintain a healthy lifestyle that may reduce risk of breast cancer**



- Maintain a healthy weight
- Be physically active
- Eat more fruits, vegetables, and beans, and less beef and pork
- Limit alcohol consumption
- If you give birth to a child, try to breastfeed

Get regular breast exams. When found early breast cancer can be treated effectively. Many breast cancer patients can live long, healthy lives.



*Sisters,  
Take care of your health.  
Take part in breast cancer  
screening and get a breast exam.*



## Who gets breast cancer



- 1 Breast cancer is one of the most common cancers among Chinese women. Any woman can get breast cancer.
- 2 Breast cancer risk increases as women get older.
- 3 If one's mother, sister, or daughter had breast cancer, one's risk is higher.

Don't let breast cancer scare you.

Early detection, effective treatment, good results.

## How to find breast cancer early



- 1 Know your body and **watch for changes** in your breasts.
- 2 **Clinical breast exam**: a doctor or nurse will do a physical examination of the breast.
- 3 If further evaluation is needed, a **breast ultrasound** will be performed.

## Know breast cancer's

### WARNING SIGNS

If you notice any of these changes, consult with a doctor and get a breast exam as soon as possible.



1 Breast lumps



2 Change in shape or size of the nipple or breast



3 Discharge from nipple



4 Change in feel or color of the skin

And remember – early-stage breast cancer often has no obvious symptoms. So it is important to get a breast exam at least every two years, even if you observe none of the warning signs.

I didn't have time to get a breast exam. And I was afraid to get one.



"Now I have peace of mind."

### 参加乳腺检查



My neighbor told me, "If cancer is found early, treatment can be very effective. Clinical breast exams and breast ultrasounds are free for women between the ages of 35 and 64 in Beijing, Shanghai, and many other cities."

I went to get a breast exam and my results were normal. Now I have peace of mind.



The results are normal.

