

**Breast Cancer  
Awareness on  
pegham.com**



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# October is the Breast Cancer Awareness Month



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**Breast cancer is a kind of cancer that develops from breast cells.**



**Every person ought to recognize the symptoms and signs of breast cancer, and any time an abnormality is discovered,**



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# Breast cancer signs n symptoms

**Thickening of the breast tissue.**

**nipple discharge.**

**Redness or scaling of the nipple.**

**a nipple that retracts or turns inward.**

**unexplained redness, swelling, skin irritation, itchiness, or rash on the breast.**



**Breast cancer is the most common invasive cancer in females worldwide.**



# Causes of breast cancer

Getting older

Genetics

Dense breast tissue

A history of breast cancer

Radiation exposure

Having had certain types of breast lumps

Estrogen exposure

Alcohol consumption

HRT (hormone replacement therapy)



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# Preventing breast cancer

**Avoid Alcohol**

**Do Physical exercise**

**well-balanced diet**

**limiting hormone therapy may help reduce the risk of developing breast cancer**

**Control on body weight**

**women who breastfeed run a lower risk of developing breast cancer compared to other women.**



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**Regular health exams and tests can help  
find problems before they start**



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# Health is Wealth



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