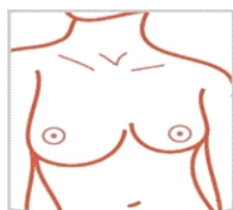




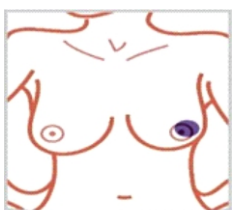
## BREAST CANCER PREVENTION

a part of the **The Arm Our Youths (ArOY)** HEALTH PROMOTION CAMPAIGN

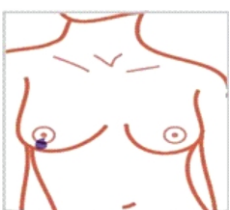
### SYMPTOMS OF BREAST CANCER



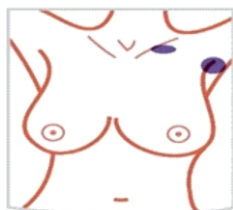
A Change in shape or size



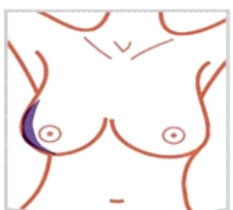
Redness or a rash on the skin and/or around the nipple



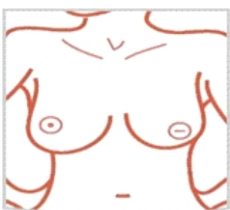
Discharge (liquid) from one or both of your nipples



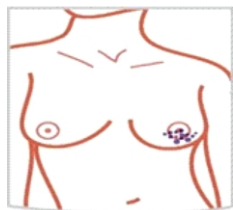
A swelling in your armpit or around your collarbone



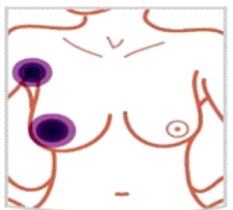
A lump or thickening that feels different from the rest of the breast tissue



If your nipple becomes inverted (pulled in) or changes its position or shape



A change in the skin texture such as puckering or dimpling (like orange peel)



Constant pain in your breast or your armpit

(Courtesy: <http://www.breastcancer.org.au/about-breast-cancer/being-breast-aware.aspx>).

### SCREENING GUIDELINES FOR BREAST CANCERS

#### A. WOMEN AGED 20-39 YEARS (NO RISK FACTORS):

- 1) Monthly breast self-examination (BSE). See Figure.
- 2) Clinical breast exam by a doctor every 1-3 years.

#### B. Women $\geq 40$ years (no risk factors):

- 1) Monthly BSE (see Figure for steps);
- 2) Yearly clinical breast exam by a doctor;
- 3) Yearly screening mammogram (breast x-ray)

#### C. Women of any age, with risk factors: See doctor!

### BREAST SELF EXAMINATION (BSE)

#### A. What is it? Monthly exam of breasts (and armpits)

**B. When and How Often?** Monthly (usually 7 to 10 days after menses). If pregnant or not seeing periods, choose a time each month and do it regularly.

**C. How to perform it?** Download the free "CERVBREAST" Phone App, and watch.

**D. If something found?** See your doctor immediately.

### RISK FACTORS FOR BREASTCANCER

- 1) Early onset of menstruation (before 11 years).
- 2) Early cessation of menstruation (after 55 years)
- 3) Not having children at all.
- 4) Having first child after the age of 30 years.
- 5) Not breastfeeding your babies.
- 6) Taking the birth control pill for 5 years or longer.
- 7) Taking the Hormone Replacement Therapy (HRT) after menopause.
- 8) Overweight, Smoking, Alcohol.
- 9) Someone in your family with breast cancer Etc

### HOW TO REDUCE YOUR RISK OF BREAST CANCER

- 1) Avoid risk factors as stated
- 2) Follow screening guidelines as stated
- 3) Download the "CERVBREAST" PHONE APP

### HOW SHOULD A BREAST SELF-EXAM BE PERFORMED?

Adult women of all ages are encouraged to perform breast self-exams at least once a month.



#### IN THE SHOWER

Put your left hand behind your head and using the pads of your right fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area for anything unusual. Then do this for your right side.



#### IN FRONT OF A MIRROR

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do, so look for any changes, particularly on one side.

#### LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



(Courtesy: <http://www.breastcancer.org.au/about-breast-cancer/being-breast-aware.aspx>)

### CONTACT US

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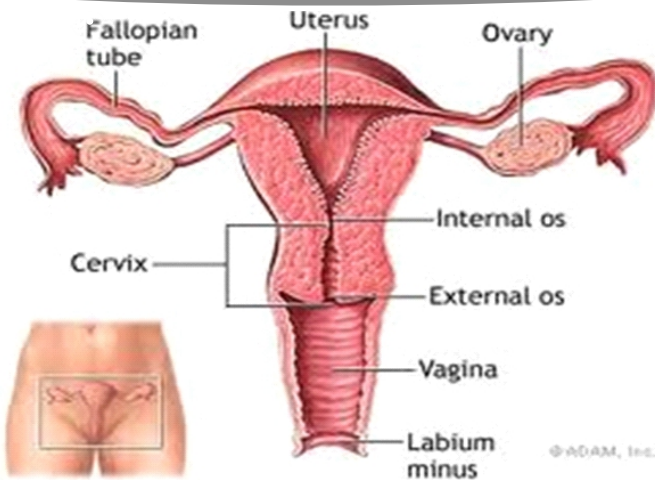
## CERVICAL CANCER PREVENTION

a part  
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(ArOY) HEALTH PROMOTION CAMPAIGN

### CERVICAL CANCER: WHAT IS IT?

- 1) Cancer that affects the cervix
- 2) Cervix is part of the female reproductive organ (SEE DIAGRAM BELOW)



### CAUSE OF CERVICAL CANCER

- 1) Caused by a virus called the Human Papilloma Virus (HPV)
- 2) HPV is sexually-transmitted

### RISK FACTORS FOR CERVICAL CANCER

- 1) Early age of first sexual intercourse (Before age 18);
- 2) Having multiple sexual partners;
- 3) Unprotected sexual intercourse
- 4) Smoking (tobacco use);
- 5) Low immunity (example HIV infection, poor nutrition, etc.)
- 6) Having many babies (usually more than 4)
- 7) Poor nutrition, and so on.

### EARLY SYMPTOMS OF CERVICAL CANCER

- 1) Generally, there are no symptoms; **SCREENING is important!!!**
- 2) Symptoms appear in advanced cases

### ADVANCED SYMPTOMS OF CERVICAL CANCER

- 1) Bleeding between periods, or irregular periods
- 2) Abnormal vaginal bleeding after sexual intercourse
- 3) Back pain, Lethargy, Leg swelling, Vaginal discharge, etc.

### PREVENTION OF CERVICAL CANCERS

- 1) Avoid or delay starting sexual activity
- 2) Vaccination: As early as possible before sexual intercourse starts
- 3) Use condoms if one must engage in sexual activity
- 4) Avoid smoking or alcohol
- 5) Do not have more than one sexual partner
- 6) Do not have more than 4 babies, if possible
- 7) Have regular pap smears (CANCER SCREENING)

### HPV VACCINATION

- 1) There are 2 vaccines safe and effective vaccines
- 2) Two or three doses required
- 3) Best to have it before onset of sexual activity, but can be received later.
- 4) Vaccines cannot treat HPV infection, once already contracted

### SCREENING FOR CERVICAL CANCER

- 1) This helps detect the cancer early
- 2) Start within 2 years of commencing sexual activity
- 3) If you can afford it, continue screening every 2 years till you turn 70

**SEE DOCTOR IMMEDIATELY IF YOU HAVE ANY CONCERNS**

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