



مستشفى وعيادة دبي لندن التخصصي
DUBAI LONDON CLINIC
& SPECIALITY HOSPITAL



مستشفى دبي لندن
DUBAI LONDON
HOSPITAL

BREAST CANCER AWARENESS

IMPORTANCE OF BREAST CANCER SCREENING



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DLH/PFE/073

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WHAT IS BREAST CANCER?

Breast cancer is a disease that causes the abnormal growth of cells – referred to as a tumour – in the breast.

It is significantly more common in women but can also develop in men and even children.



SIGNS AND SYMPTOMS OF BREAST CANCER

A lump or thickening of the skin in or close to the breast or armpit.

Fluid that's not breast milk being secreted by the nipple, especially if the fluid is bloody.

Puckering or dimpling of skin on the breast or armpit.



An inverted nipple, meaning a nipple turned inwards.

Scaly, swollen, or red skin on the breast, nipple, or areola (the circular area of pigmented skin surrounding the nipple).

Any change to the size and shape of a breast.

AM I AT RISK FOR BREAST CANCER?

Unfortunately, there's no way to accurately predict whether you will or will not develop breast cancer during your lifetime. But there are specific factors that can increase your likelihood of getting it. These risk factors include:



You have a close **female relative** (mother, sister, or daughter) who has had breast cancer.



You are aged 40+ and have never had **children** or had them after the age of 30.



You began **menstruating** (getting your period) before the age of 12.



You have received **oestrogen replacement therapy** for several years.



You started the **menopause** after the age of 55.



You have inherited changes in the **BRCA1** and **BRCA2** genes, or in other genes that increase your likelihood of getting breast cancer.



You have a history of **non-cancerous breast disease**.



You have received **radiation treatment** to your chest or breasts.



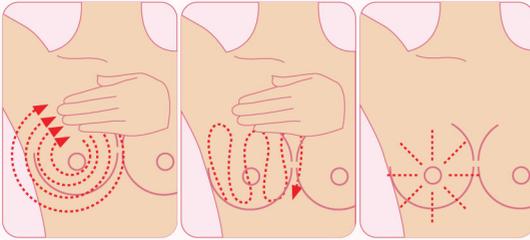
You have **dense breast tissue**.



You are **obese or overweight**.

If any risk factor applies to you, then you are categorised as being high-risk for breast cancer. If you believe you are under the high-risk category, you should consider booking an appointment with our specialist.

SCREENING RECOMMENDATIONS



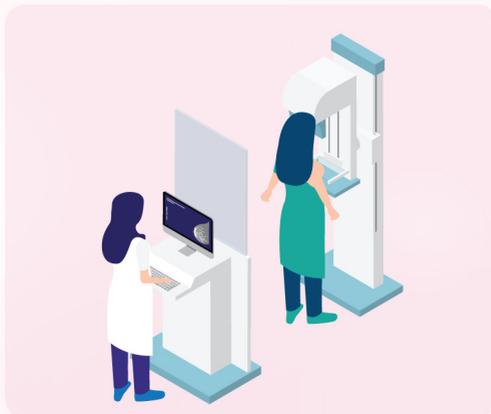
Self-Exam of Breasts

Everyone should examine their breasts, by looking and feeling, once a month. Your self-exam should be done after menstruation.

Clinical Breast Exam

A clinical breast exam is a type of screening used to detect breast cancer before symptoms start to show.

International guidelines recommend all women aged 20-39 should receive a clinical breast exam once a year.



Mammogram

This is an X-ray of the breast, which can detect changes up to two years before they can be seen or felt in a clinical or self-exam.

Current recommendations advise that all women aged 40 and over and in good health receive a mammogram once every two years.

PREVENTION OF BREAST CANCER

Be familiar with your body.

Regularly check your breasts and armpits to understand how they typically look and feel.



Be active.

Aim to get at least 30 minutes of exercise every day.

Avoid smoking.

Do not smoke cigarettes or cigars, chew tobacco, use e-cigarettes, or vape.



Limit alcohol.

Even small amounts of alcohol can increase your chances of developing breast cancer.

Get screened.

Speak to your doctor to learn how and when you should get screened. Make sure you attend all appointments.



Eat healthily.

Eat a diet high in fruit and vegetables. Avoid fatty foods, red meat, and processed meats.

Find out your family history.

Know if any close members of your family have had breast cancer. Also, understand your own health history.



Limit hormone therapy.

While often beneficial to counter menopause symptoms, hormone replacement therapy can increase your chances of developing breast cancer. Speak to your doctor about this before beginning any hormone replacement therapy.



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Specialities across the group:

Specialised Departments:

- Advanced Gynaecological Laparoscopic Surgery
- Aesthetics & Dermatology
- Aesthetic, Regenerative & Functional Gynaecology
- Anaesthesiology
- Audiology
- Back Pain Management
- Cardiology
- Dental Services
- Dietetics & Nutrition
- Diving Medicine
- ENT (Ear, Nose, and Throat)
- Endocrinology
- Gastroenterology
- General Surgery & Bariatric Surgery
- General Practice (GP) & Emergency Medicine
- Genetic Testing
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology
- Ophthalmology
- Orthopaedics

- Paediatrics
- Pathology & Laboratory
- Physiotherapy
- Podiatry
- Psychiatry
- Pulmonology
- Traditional Chinese Medicine
- Urology
- Vascular Surgery

Advanced Diagnostics:

- **Cardiac Diagnostic:** ECG, TMT, Holter, 24 Hour BP Monitoring, and Echocardiogram
- **CT Scan:** 160-slice and a lower exposure dose. CT Coronary Angiogram (Cardiac CT)
- **MRI:** Advanced Intelligent Clear-IQ (AiCE) body imaging solutions provides deep learning and reduced noise for sharp, clear, and distinct images.

Acute Care Departments:

- Intensive Care Unit (ICU)
- Neonatal Intensive Care Unit (NICU)

Radiology:

- Mammography
- Ultrasound
- X-Ray

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