

# **Pink Ribbon**

**DO YOU KNOW**



# ---- Protect life with knowledge

**“Love Breast” is the key to “Save Breast”**

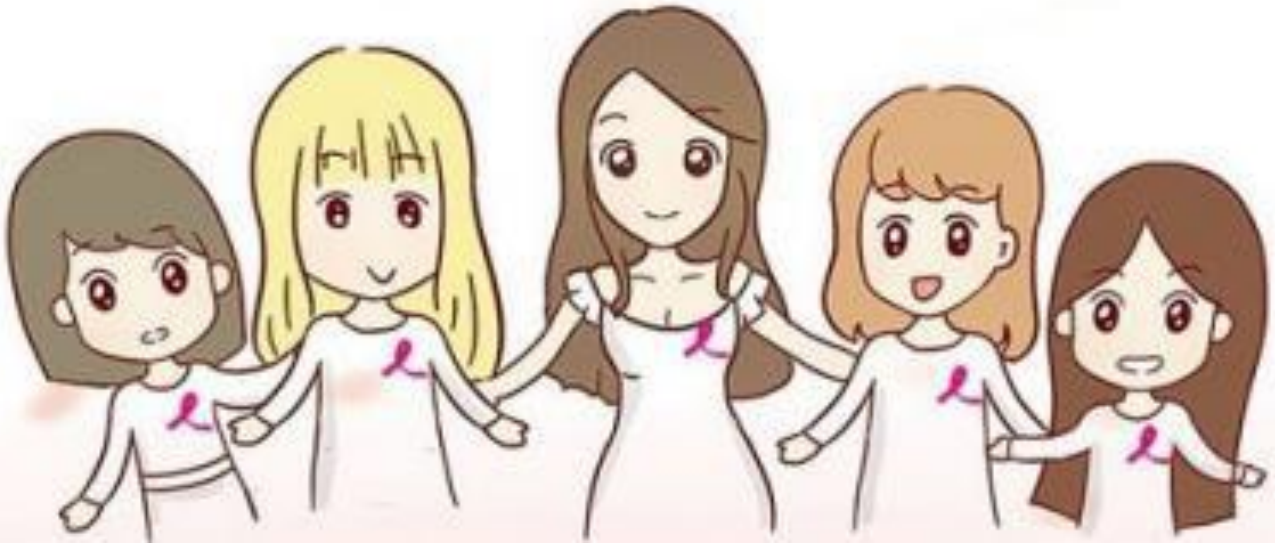
**“Pink Ribbon” is the symbol of the global breast cancer prevention campaign. It was propagated to China for the first time in 2003. As the most important malignant tumor that threatens women’s lives in China, breast cancer is undoubtedly the number one killer affecting women’s health.**

**Breast cancer causes concern due to its high incidence and younger trend. But the good news is that prognosis of breast cancer is one of the best ones. Therefore, early prevention, early detection, and early treatment are effective ways to improve the survival rate and quality of life of breast cancer patients. Among them, early screening for breast cancer is essential.**

**In this manual, we provide relevant methods, as well as simple and interesting science tips. We hope that you can benefit from it and really help every woman around you.**

# Screening method

- 1. Family history and physical examination:** Screening methods are different for patients with family history and high risk factors. For women aged 20 to 40, if the symptoms are asymptomatic, the clinical breast is negative, and there is no risk factor, it is recommended to perform clinical breast examination every 1~3 years and improve their breast self-health protection awareness.
- 2. Mammography X-ray examination:** Widely used in breast cancer screening for women over 40 years old, it is simple and easy to use, high resolution, can effectively screen out the mass, especially for fat breasts. Women at general risk should begin regular mammography screening at the age of 45. Women aged 55 or older receive breast mammography every two years or annually.
- 3. Ultrasound examination of the breast:** Ultrasound examination of the breast can better show the characteristics of the breast mass. No radiation, simple, dynamic observation of lesions, and can show palpable masses that cannot be detected by X-ray examination. For patients who cannot be X-rayed (such as pregnant women) and dense breasts, it has a good effect.
- 4. Breast Magnetic Resonance Imaging (MRI):** Further mammography may be considered when mammography and mammography cannot determine the nature of the lesion. Mammography can show the relationship between the mass and the chest wall and the axillary lymph nodes.



# Screening strategy

Generation	Preventive inspection
20~39	Breast self-examination per month
	At least one clinical examination every three years
40~69	At least one mammography every two years
	Ultrasonography (dense breast)
	Breast self-examination per month
	Clinical examination per year
≥70	Opportunistic screening
	Breast self-examination per month
	Clinical examination per year

**Stand in front of the mirror and raise your hands. Observe your breast outline and drape and check for symmetry. Pay attention to whether your nipples and areola are sag or ruptured.**



**Check the armpits to see if there are enlarged lymph nodes (lower armpits).**



## Self-examination guide

**In a sitting position, check the left breast with your left hand and gently press the breast with your fingertips to see if there is a hard block. Make an annular clockwise inspection from the outside of the breast and gradually inward to the nipple (about three or four turns) until all breasts have been examined. The same method is used to check the right breast.**



**Lie down and put your left hand behind your head. Use your right hand to touch your breasts and underarms and check them by the methods described previously. Note any changes in texture, color, or size. Repeat on the other side.**



# Clinical symptoms of breast cancer

Seek medical advice when the following symptoms occur!

**1. Breast mass:** 80% of breast cancer patients are diagnosed with a breast mass. Patients often inadvertently found lumps, mostly single, hard, irregular edges, and unsmooth surfaces. Most breast cancers are painless masses, and only a few have varying degrees of dull pain or tingling.

**3. Skin changes:** skin changes caused by breast cancer can appear a variety of signs, the most common is the tumor invading the breast suspensory ligament (Cooper ligament) and adhesion to the skin, dimples. If the cancer cells block the dermal lymphatics, an orange peel-like change will occur. In the advanced stage of breast cancer, cancer cells infiltrate into the skin along the lymphatic vessels, ducts or fibrous tissues and grow to form skin satellite nodules.

**5. Abnormal nipples and areola:** Tumors located at or near the depth of the nipple can cause nipple retraction. When the tumor is far from the nipple and the large catheter in the breast is invaded and shortened, it can also cause the nipple to retract or rise. The nipple isola eczema-like cancer is Paget disease, which is characterized by pruritus, erosion, ulceration, crusting, scaling, burning pain, and even nipple retraction.

**2. Nipple discharge:** in the non-pregnancy nipple outflows blood, serum, milk, pus, or stop breastfeeding for more than half a year still have milk outflow, known as nipple discharge. There are many causes of nipple discharge. Common diseases include intraductal papilloma, hyperplasia of the breast, ductal dilatation of the breast, and breast cancer. A single-sided single-hole bloody discharge should be further performed by a breast duct examination. If accompanied by a breast mass, more attention should be paid.

**4. Axillary lymph node enlargement:** More than 1/3 of breast cancer patients admitted to hospital have axillary lymph node metastasis. In the initial stage, ipsilateral axillary lymph nodes may be enlarged, and the enlarged lymph nodes are hard, scattered, and can be promoted. As the disease progresses, the lymph nodes gradually fuse and adhere to and fix to the skin and surrounding tissues. Later metastases can be seen on the clavicle and contralateral armpits.



# Breast fibroadenoma ≠ Breast cancer



- Breast fibroadenomas are the most common benign tumors in the breast.
- Breast cancer is a malignant tumor.

- Most of the breast fibroadenomas, especially young women, can be seen in women of any age after menstruation, especially among young women.
- The high incidence of breast cancer is more common in women groups aged 45-55.



If you find a lump in your breast during the self-test, you may have a benign lesion such as fibroadenomas. Certainly, please do not hesitate to seek medical advice in time~



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**We sincerely hope that every woman will always be healthy and beautiful.**

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