

BREAST AWARENESS

Breast cancer is a common problem. Last year more than 1 million women were diagnosed with breast cancer worldwide. The risk of developing breast cancer is one in nine other women living in the UK. Unfortunately the risk of developing breast cancer has been increasing steadily in the lament of south-east Asian origin living in the Western countries. Breast cancer is it treatable condition and early diagnosis leads to extremely successful treatment.

It is important to be breast aware; women should carry out breast self-examination once a month every month. The technique of breast self-examination is to feed for the breast in a systematic manner looking for any thickness, hardening, lump, changing position or ship of nipple, dimpling or bloodstained nipple discharge. This examination can be carried out at the end of the period when breast is soft. Breast self-examination is best carried out with slightly soapy hands.

Women between the ages of 47 and 73 would be invited for breast screening programme by the National Health Service breast screening programme. It is important that women attend for this invitation for mammogram every three years. Mammogram is a special extra of the breast which takes about 5 min to take. This examination may be mildly uncomfortable for some women or painful for others but the pain does not last for long time.

Nearly one in three breast cancers caused by lifestyle factors. It's really important that women avoid any weight gain after the age of menopause. In order to lower the risk of developing breast cancer, it is really important that women are engaged in moderate intensity exercise. A half an hour or for five days a week is quite sufficient. Women need to walk at a case where they feel mildly breathless but can still hold a conversation.

It is appropriate to have properly fitting undergarments to avoid medical problems related to breast. The best way to check if you undergarments that should properly is to see if your clothing marks your body once you take it off. If you find that you undergarments are causing you pressure points on your shoulders or around your chest then you undergarments are not of appropriate size. It is best to heavy undergarments measured by the professional fitter to make sure that the undergarments are appropriate for the size and shape of your body.