

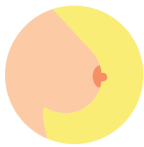
## Pink October

# The fight against cancer begins with information and prevention

OCTOBER IS THE BREAST AND CERVICAL CANCER AWARENESS MONTH. IT WAS CREATED IN THE 1990S BY THE SUSAN G. KOMEN FOUNDATION FOR THE CURE.

The campaign's purpose is to distribute information that can help women protect themselves by enabling them to detect these types of cancer early.

## Learn more:



- Breast cancer is the second most common type of cancer among women (28%), after nonmelanoma skin cancer.
- The third most common type of cancer among women is cervical cancer
- The National Cancer Institute (INCA) explains that breast cancer is the uncontrolled growth of cells in the tissues of the breast, which becomes a tumor
- Cervical cancer, on the other hand, happens due to the persistent infection of some types of Human Papillomavirus (HPV).

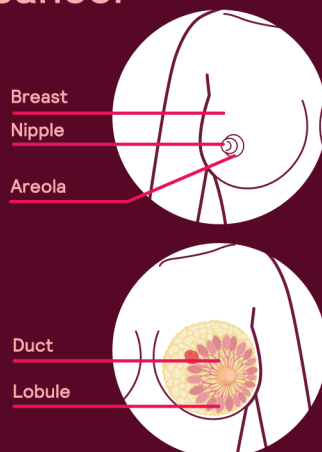


## Inside breast cancer

There are different types of breast cancer. The main ones are:

**DUCTAL CARCINOMA:** originates in the breast ducts and accounts for 80% of cases;

**LOBULAR CARCINOMA:** originates in the milk-producing glands and can be observed in 5% to 10% of cases.



Regardless of the type, the important thing is that the disease needs to be detected in its early stage, also called carcinoma in situ stage (it's when the cancer cells have not yet spread from the location where they first formed).

## In order to do this, it is important to be watchful of the following signs:

- Firm, fixed to the tissue in the breast and usually painless breast lumps
- Hardening of part of the breast tissue
- Change in skin's texture (orange peel-like skin)
- Redness or changes in the shape of the nipple
- Spontaneous unilateral nipple discharge
- Lump in the neck or armpit area

## Prevention and treatment:

Maintaining a healthy lifestyle is the main way you can prevent both breast and cervical cancer. Some preventive measures include:

- Not smoking
- Exercising regularly
- Having a healthy and balanced diet
- Maintaining a healthy body weight
- Avoiding alcoholic beverages
- Avoiding the intake of hormones (birth control pills)
- Keeping routine health appointments and preventive checkup exams up to date (self-examination, mammography, pap smear)
- Using a condom to avoid contamination by HPV \*

\*In the case of girls aged 9 to 14 years, the vaccination schedule provides tetravalent immunization against HPV and strengthens prevention

**If you have a family history of the illness, talk to your doctor about the adequate measures and steps to follow for your case. Take care!**

