

The Breast Cancer FOUNDATION

Breast Cancer Foundation is a non-profit charity funded by donations and sponsors providing free services to people living in Cayman Islands

How can we help?

Scared and worried? We are here to listen and support you in confidence.

We provide information, financial assistance and mammogram vouchers.

Call us: Janette 923 1135

Lydia 936 1135

Beyond Diagnosis

During breast cancer treatment, our Wellness Program offers complimentary therapies including: counselling, spa treatments, nail care, massage, yoga, mindfulness, acupuncture, exercise, nutritional advice, physiotherapy, lymphoedema treatment, support group, and Cold Caps to preserve hair during chemotherapy.

☎ 923 1135 or 936 1135

✉ info@breastcancerfoundation.ky

🌐 www.breastcancerfoundation.ky

📍 19 Grand Harbour

The Breast Cancer FOUNDATION

BREAST CANCER Awareness

- Know your breasts
- Know the risks
- Know where to get help
- Know the importance of regular breast examination and mammograms

Contact us for full information on our ongoing Awareness Program and to schedule an appointment at your business, community or church.

"Early detection in order to improve breast cancer outcome and survival remains the cornerstone of breast cancer control."

World Health Organisation



**EARLY
DETECTION
SAVES
LIVES**

Who is most at risk?

Female

It is the most common cancer for women. 1 in 8 women could develop breast cancer and 1 in 1000 men.

Fifty

80% of cases are over the age of 50 **BUT** breast cancer can affect any age.

Family History

If a close blood relative has had breast cancer If you have an inherited gene mutation.

Other RISK Factors we can control

- Obesity
- Lack of physical activity
- Alcohol
- Smoking
- Prior radiation to the chest
- Hormone replacement therapy

Risk may be reduced if you are pregnant before age 30, breast feed, started menstruation after age 12 and became menopausal after age 50.

What can you do?

Reduce your risk with a healthy lifestyle and be self aware

Breast Self Examination

Get to know your breasts Any changes to the skin, nipple or size, if you feel a lump, thickening, see discharge or a rash then get it seen by your doctor. Check your breasts regularly in the shower, in the mirror and lying down. Not all changes are cancer.

Know what is normal for you - If in doubt, check it out

Mammogram

Breast examination by your doctor and mammogram screening should be every 2 years from age 40, earlier if you have a family history or notice a change. There are several mammography facilities on Grand Cayman and your doctor can refer you. Vouchers are available to those without insurance.

contact us for info

Common Myths that DO NOT Cause Breast Cancer:

- Wearing an underwire bra or wearing no bra
- Having breast implants or injury to a breast
- Drinking water from a warm plastic bottle
- Mobile phones
- Stress
- Antiperspirants