

Women aged 40 to 69
can access breast cancer
screening services at Family
Health Centers, KETEMs,
and **Mobile Cancer
Screening Vehicles.**

**Breast cancer
can be
diagnosed
early through
mammograms.**



**One mammogram
screening
appointment can
keep you away from
breast cancer.**

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre**
for more information and support



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**BREAST CANCER
IS NOT A BAD FATE**



Breast cancer can be detected at an early stage.

Breast cancer is highly treatable when diagnosed early.

Breast Check-up

Women should perform **breast self-examinations** every month from the age of 20.

Breast self-examinations should ideally be performed once a month **7-10 days after the menstrual period starts.**

Women who do not have periods i.e. have reached menopause should perform breast self-examinations on the same day every month.

Women aged **20 to 40** should have a clinical breast exam performed by a health professional **once every 2 years.**

From the age of 40, women should have a clinical breast exam performed by a health professional **once a year.**

For early diagnosis, women should;

perform breast self-examinations regularly, have clinical breast examinations by health professionals, and have mammograms.



Mammography

Women should have a mammogram every two years from the age of 40.

The best time to do a mammogram is the first week after menstruation when breasts feel least tender.

