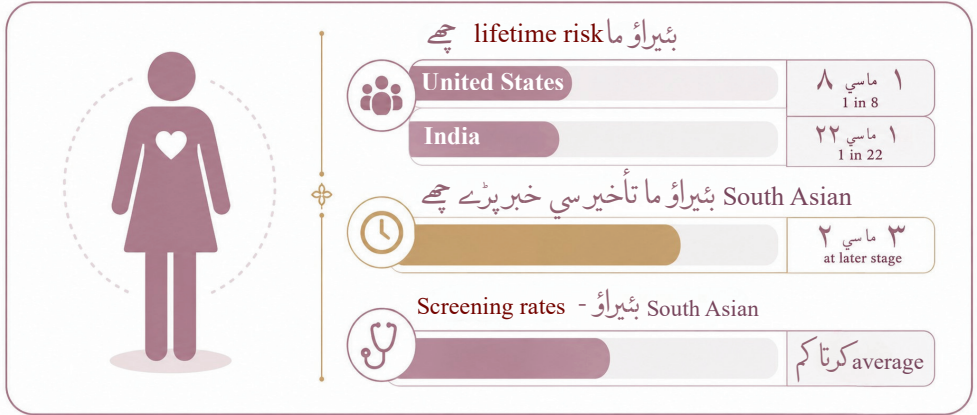


BREAST CANCER

هر بئرو نے ا statistics معلوم هوئ

breast cancer statistics نا سمجھو - اهناسي حفاظة طرف پهلو قدم هچے ،



South Asian بئراؤ ما breast cancer ني گنتي دن بدن زياده تھي رهي هچے ❖

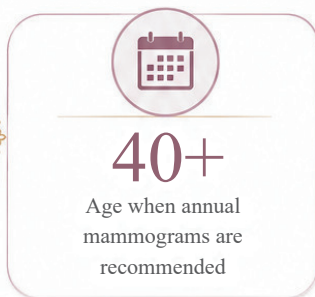
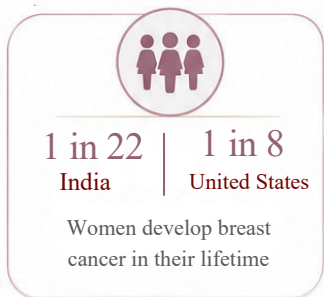
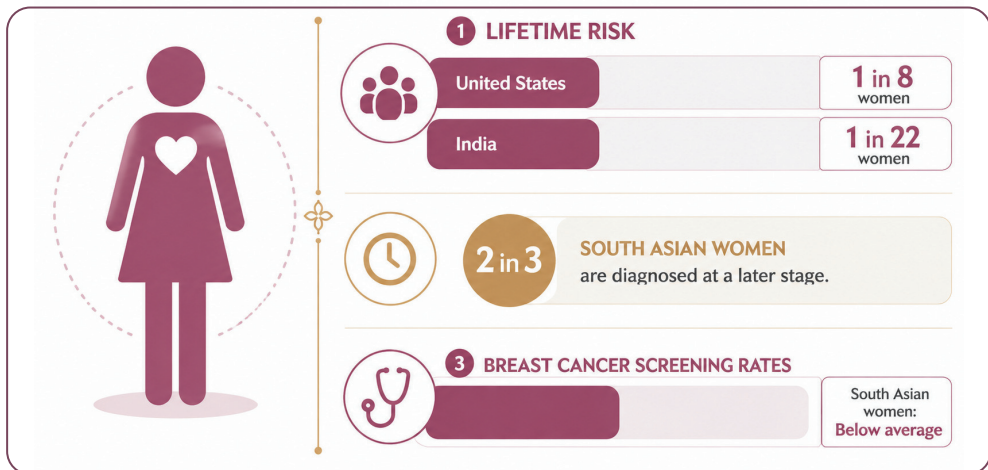
South Asian بئراؤ ما گھني چھوئي عمر ما breast cancer ني بياري نظر اوءے هچے ❖

اچ نا زمان ما بئراؤ نا درميان سگلا کرتا breast cancer- common cancer هچے ❖



BREAST CANCER THE NUMBERS EVERY WOMAN SHOULD KNOW

Understanding the statistics is the first step to protection



- South Asian women are less likely to be screened — yet breast cancer rates are rising in our community.
- Many South Asian women are diagnosed at younger ages and at later stages compared to national averages.
- Breast cancer is now the most common cancer among women of South Asian descent worldwide.



سوں چیزو' بیماری نا risk نے زیادہ کرے چھے؟
symptoms اوے ته پہلا risk نا factors جانی لیو

بئیراؤ پوتانا lifestyle ما changes کری نے risk نے کم
کری سکے چھے مگر بعض چیزو natural بھی چھے،



Natural حالات

❖ ۴۰ ورس کرتا فوق عمر

❖ نسل Hereditary

❖ حیض جلدی اوی جاوو

❖ Dense breast هوئی

بدلی سکا ئی چھے

❖ healthy جن جووانے
وزن مناسب راکھوو

❖ رفترانہ و مزہش کروو

❖ محرمات سی دور رهوو

❖ جبر Breast feeding کرے
چھے، اهنو risk کم هوئی چھے

جلدی فرزند لهاوو حفاظة نو سبب

'risk factors' هووا سی ایم ضروری نهی کر تینے breast cancer قهاسے
مگر اهنے جانی لیوا سی تمیں تمارا ڈاکٹر ساتھ informed conversation
کری سکسوانے بهتر نتائج ملی سکسے





WHAT RAISES YOUR RISK? KNOW THE RISK FACTORS BEFORE SYMPTOMS APPEAR

Some risks you can change some you simply need to know



CANNOT CHANGE

- Age
- Family history
- Early menstruation
- Dense breast

CAN CHANGE

- Diet & healthy weight
- Physical activity
- Alcohol & tobacco intake
- Women who breastfeed are at a lower risk of breast cancer

Having kids early is protective



Having risk factors does NOT mean you will get breast cancer but knowing them means you can act early and have informed conversations with your doctor.



تمارا فيميلي ني صحت تماري صحت سي جورائيلي چه

تمارا فيميلي ني صحت جانوا سي تماري صحت بهي حفاظت ما رهسے

تمارا فيميلي ما ا سگلا ني ميڈیکل history جانوي جوئے

First-degree relatives



پوچھو جوئے

Second-degree relatives



پوچھو جوئے



BRCA genetic testing سوں چه؟

~70%

Lifetime risk with
BRCA1 mutation

Lifetime risk with
BRCA2 mutation

2+



کرنا فرق قرابة والا نے
breast/ovarian cancer. هوئي تو
testing متعلق پوچھو

تمارا ڈاکٹر ساچه تمارا فيميلي history نے share کروا سي تمارا screening اے
prevention plan کروا ما مدد ملے

تمارا genetic risk نے جانوا سي تمیں پہلے سي informed choices لئي سکسو

You don't have to face this alone - knowledge is protection.



YOUR FAMILY'S HEALTH STORY IS PART OF YOUR HEALTH STORY

Knowing your relatives' diagnoses can protect your future

WHO TO ASK ABOUT IN YOUR FAMILY HISTORY

First-degree relatives



Mother



Father



Brothers



Sisters

Ask / Include

Second-degree relatives



Maternal
Grandmother



Maternal
Grandfather



Paternal
Grandmother



Paternal
Grandfather



Maternal
Aunts & Uncles



Paternal
Aunts & Uncles

Ask / Include



YOU

Take action

What is BRCA genetic testing?

~70% 

Lifetime risk with
BRCA1 mutation

Lifetime risk with
BRCA2 mutation

2+ 

Relatives with breast/
ovarian cancer →
ask about testing



Share your family history with your doctor- it helps guide your screening and prevention plan.



Knowing your genetic risk can empower you to make informed choices earlier.



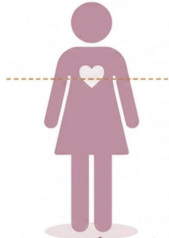
You don't have to face this alone - knowledge is protection.



صحة متعلق بہتر عادتو راکھو اسي ا خطرہ سي چي سکائي چھے

مھينہ ما ايک وقت جسم ما changes واسطے check کروو

STEP 1



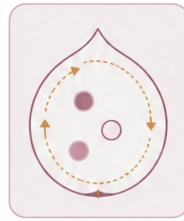
اٹنہ ما ديکھي نے
کھا straight راکھي نے
check کروو

STEP 2



هاتھ اونچا کري نے
کئي بدلاؤ واسطے check کروو

STEP 3



زمين پر ليڻي نے
Circular motions
ما check کروو

STEP 4



نفل اے
collarbone نا نزديک
check کروو

مھينہ ما ايک وقت

تھورا منٹ واسطے check کروو



کيوارے check کروو

حيض نا ايام نا 5-7 دن بعد

ڏاکڻر پاسے consultation کراو اگر

- lump يا کھه thickening هوئي
- Nipple discharge ٺاهي
- Skin ما dimpling يا puckering نظر آوے



- Nipple inversion ٺهيو هوئي
- Persistent pain جڳه ٺهر ٺهاتو هوئي
- Swelling يا redness نظر آوے

تخفظ تمارا هاتھ ما چھے

هر مھينہ فقط تھورا منٹ واسطے ا مثل check کراو سي جسم ني حفاظة ٺاهي چھے

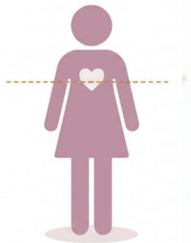
پوتانا جسم نو خيال راکھو



KNOW YOUR BODY A MONTHLY HABIT THAT CAN SAVE YOUR LIFE

Once a month, check for changes. It takes just a few minutes.

STEP 1



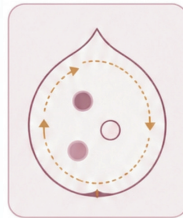
Look in mirror
Shoulders straight

STEP 2



Arms raised
Check for changes

STEP 3



Feel lying down
Circular motions

STEP 4



Check underarms
And around collarbone



When: 5-7 days after your period ends

How often: Once every month

Time: Takes just a few minutes

ALERT: SEE A DOCTOR IF YOU NOTICE

- A lump or thickening
- Nipple discharge
- Skin dimpling or puckering



- Nipple inversion
- Persistent pain in one area
- Swelling or redness



Early detection starts with you



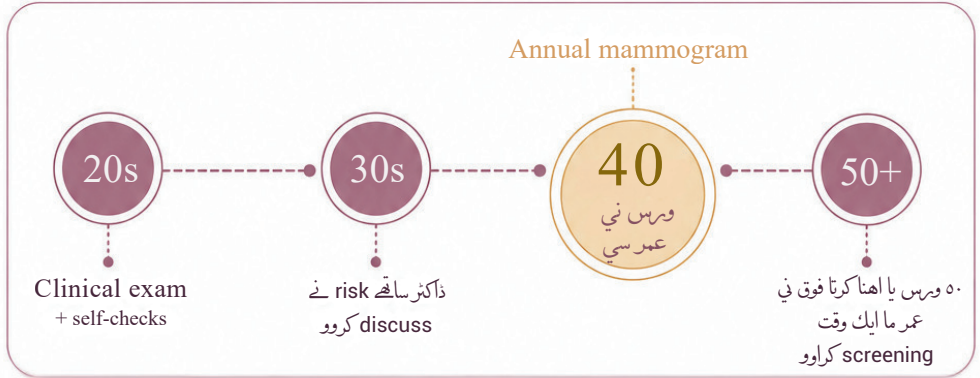
A few minutes today can make a big difference tomorrow.



Know your body. Protect your future.

ا بیماری واسطے screening کیوارے شروع کروی جوئے؟

Screening کرونا سبب symptoms دیکھائی اہنا پہلے بیماری
detect تھی جائی ہے



سوں تمنے breast cancer نو risk زیادہ ہے؟
تمارا ڈاکٹر سی ا بابت جلدی discuss کروو، اگر:

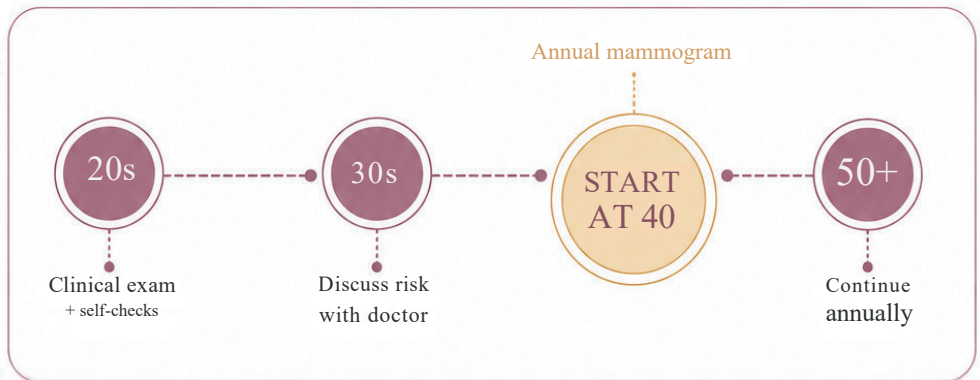


قربانہ والا ماسی کوئی نے breast یا ovarian cancer ہوئی
قربانہ والا ماسی کوئی نے BRCA1 یا BRCA2 نو test - positive ایو ہوئی
تمیں یر ۳۰ ورس نی عمر پہلا chest radiation therapy کراوی ہوئی
High-risk بٹیراؤ نے mammogram ساتھ MRI screening نی بھی ضرورہ ہوئی سکے ہے



WHEN SHOULD YOU GET SCREENED? HERE IS YOUR PLAN

Screenings find cancer before you can feel it don't wait for symptoms.



ARE YOU HIGHER RISK?

Talk to your doctor about starting earlier if:

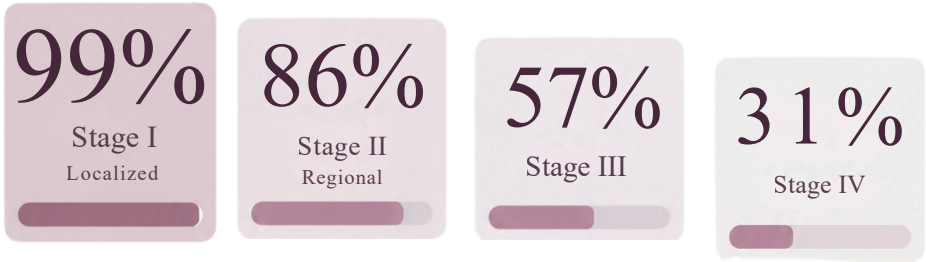
- ✿ A close relative (mother, sister, daughter) had breast or ovarian cancer
- ✿ A family member tested positive for BRCA1 or BRCA2
- ✿ You received chest radiation therapy before age 30
- ✿ High-risk women may need MRI screening in addition to mammogram



اُ بيارى جو جلدى identify تھى جايُ تو اھنو
علاج ڪرو ممڪن ڇھ

جواڄ اھنا واسطے screening انے diagnosis تھى جايُ تو ڀر
زندگى بچاوي سڪے ڇھ

5-YEAR SURVIVAL RATE BY STAGE AT DIAGNOSIS



Source: American Cancer Society / SEER data

Breaking down barriers to screening

"بياري نى وات ڪرسون - فڪر ڪرسون توڙي بيماري ٿا سڃاڻن"
بياري نى پهچائون ما تمارو فائده ڇھ



"مڻه توکي symptoms هتي نهي - مي سون ڪام چڪر-آپ ڪراو"
ا اهو بيماري ڇھ ڪر گھني وار اھنا symptoms نظر نھي آيا



"مڻه ا وات ڪرو ما شرم آوے ڇھ"
ا بيماري نو diagnosis بيجي بيماريو نا جيم خانگي ما ٿا ڇھ



تماري صحت تماري ذمہ داري ڇھ

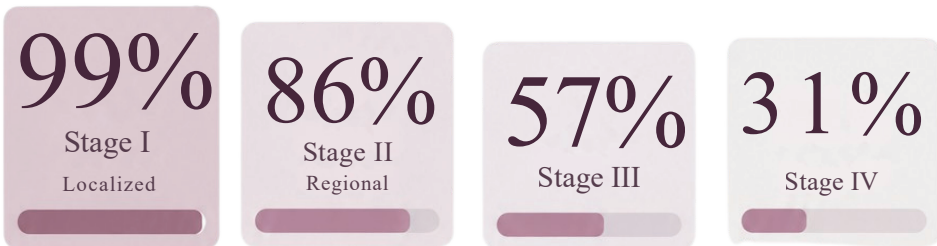
Schedule your mammogram. Tell a friend. Start the conversation.



Caught early, breast cancer is highly beatable

Your action today a screening, a check, a conversation - can change everything.

5-YEAR SURVIVAL RATE BY STAGE AT DIAGNOSIS



Source: American Cancer Society / SEER data

Breaking down barriers to screening



"Talking about illness will bring bad luck"

Knowledge and early action protect you. Silence does not.



"It won't happen to me - I have no symptoms"

Early-stage breast cancer often has NO symptoms.
That is why screening exists.



"I am embarrassed or don't want to make a fuss"

Your life matters. Mammograms are routine, quick,
and done with dignity.



You deserve to be healthy.
for yourself and everyone who loves you.

Schedule your mammogram. Tell a friend. Start the conversation.