Breast cancer is a disease in which malignant tumor (abnormal cells grow in an uncontrolled way) form in the tissue of the breast. Breast cancer is the most common cancer in women, but it can also appear in men.

**What to look for**
- Nipple pain.
- A change in the skin texture or an enlargement of pores in the skin of the breast (orange peel's texture).
- A lump in the breast or underarm area (not all lumps are cancerous, however all lumps should be investigated by a healthcare professional).
- Unexplained change in the size or shape of the breast.
- Dimpling of the breast.
- Unexplained swelling of the breast (especially if on one side only).
- Unexplained shrinkage of the breast (especially if on one side only).
- Recent asymmetry of the breasts (it is common for women to have one breast slightly larger than the other, however if the onset of asymmetry is recent, it should be checked).
- Nipple that is turned slightly inward or inverted.

**How to protect yourself**
- Maintain healthy weight.
- Be physically active.
- Eat more fruits and vegetables.
- If you are a smoker, try quitting.
- Breastfeed your babies, if possible.
- If you smoke or are over the age of 35, avoid birth control pills.
- Avoid long-term use of Post-Menopausal Hormones Therapy.

**Examination methods to detect breast cancer**
There are many different types of screening and testing, but the main purpose is to check a woman's breasts for cancer before there are signs or symptoms of the disease.
Examination methods to detect breast cancer fall into one or more of the following categories:

## Screening
- A routine test for women who appear to be healthy and are not suspected of having breast cancer.
- Screening helps to find cancer at an early stage and if an abnormal tissue or cancer is found early, it may be easier to treat.

### Other tests
Advanced clinical tests done to women who are suspected of having breast cancer, based on either the symptoms they may be experiencing or following a positive screening test result.

### Useful websites:
- National Cancer Institute (NIH)
  - [http://www.cancer.gov/types/breast/patient/breast-screening-pdq#section/5](http://www.cancer.gov/types/breast/patient/breast-screening-pdq#section/5)
- National Breast Cancer Foundation, INC.
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### Examination methods

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