

Breast Cancer Awareness Day

The road to healthier breasts

Self Examination

Can help in detecting any changes in your breast.



Clinical Examination

Early detection of any changes can save your life.

Healthy Diet

A healthy diet can help maintain a healthy weight which can play a role in breast cancer prevention.



Regular Exercise

A 20 to 30 minute daily session of physical activities can help maintain a healthy weight.

Weight Control

Maintaining a healthy weight especially after menopause can help reduce your risk of breast cancer.



Breastfeeding

Statistics have shown that breastfeeding women have a lower chance of developing breast cancer than those who don't.

