



905-790-7342

BHC NEWSLETTER

News from our Family to yours...


Oct 2024 Issue

October is...

Breast Cancer Awareness Month

Canadian Cancer Society identifies Breast Cancer as cells in the breast that sometimes change and no longer grow or behave normally. Breast cancer starts in the cells of the breast, where a cancerous (malignant) tumour grows and destroys nearby tissues. It can also spread (metastasize) to other parts of the body.

Signs and Symptoms of Breast Cancer

- Firm or hard lump in the breast
- Lump in the armpit
- Changes in shape or size of the breast
- Changes to the nipple such as inversion
- Discharge with or without blood that seeps out of the nipple



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Insider Exclusive

It is estimated that about 1 in 8 Canadian women will develop breast cancer during their lifetime and 1 in 36 will die from it.

“The breast cancer death rate peaked in 1986 and has been declining since. This reduction in death rates likely reflects the impact of screening and improvements in treatment for breast cancer.”

-Canadian Cancer Society, cancer.ca

At Bovaird Hearing Clinic Treatment Centre, we believe **preventative care, is health care.** Don't wait. Take control of today, and your future. **Book your hearing assessment with cognitive screening, so you can continue to live to your full potential.**

Healthy Hearing, Healthy Cognition.

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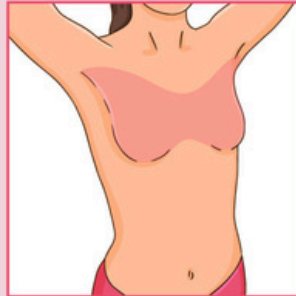
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Self-Help Section

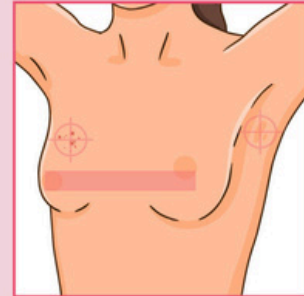
BREAST SELF EXAMINATION



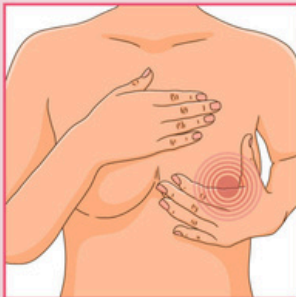
Check your breasts once a month, 7-10 days after your periods start. If you're not menstruating, pick any date.



Examine your breasts with raised arms, then with both hands on your hip bones, then with arms down and relaxed.



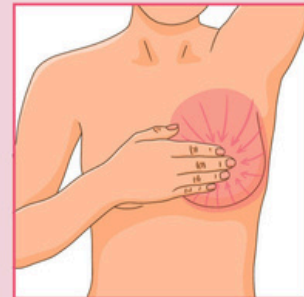
Look for any physical changes, e.g. lumps or swelling, redness or rash, any changes in the shape or position of the nipples.



Gently squeeze each nipple to check it for pain or discharge.



Raise one hand and use the pads of 3 or 4 finger of another hand. Examine your armpit first.



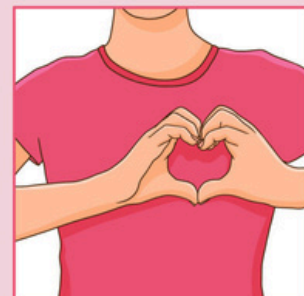
To check breast start at the outer edge and move toward the nipple. Cover as small section at a time as you can.



Do the same moving your fingertips up and downwards, then in round movements, starting from the outer part.



Do the same steps lying on your back. Use a pillow under the shoulder if you want to.



If you have any questions or doubts, visit your doctor. Do mammography annually after 40. Take care of your breast!

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