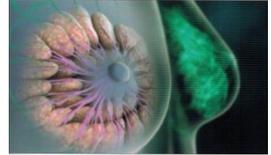


# BREAST CANCER AWARENESS

Every 11 minutes someone is diagnosed with breast cancer in the UK. And this is the reason why at Caring Outreach International Charity we are very serious about educating the community concerning this, because prevention is always better than CURE.



The actual cause of breast cancer are not yet completely well understood But the risk of developing breast cancer Increases as women get older if they are affected by any of the following factors.

Health factors- having had breast cancer before, having had certain types of benign breast disease and being overweight, especially after menopause, can increase the risk of breast cancer.

Hormonal factors- women who are taking combined hormone replacement therapy {HRT}, women taking the contraceptive pill, women who don't have children, women who start their period early{during early puberty} or have a late menopause and women who have never breastfed are slightly more likely to develop breast cancer

Drinking more than two units of alcohol a day over many years can increase the risk. A unit of alcohol is half a pint of normal strength lager or beer, a small glass {125ml} of wine, or a single measure {25ml} of spirit

**GENETIC FACTORS-** a very small number between 5 and 10 percent breast cancers are thought to be related to inherited faulty genes. The two main breast cancer genes are BRCA1 and BRCA2. Women with any of the following trends in their family might want to speak to their GP and be referred to a family cancer clinic.

\*Three Close Blood relatives from the same side of the family who developed breast or ovarian cancer at any age

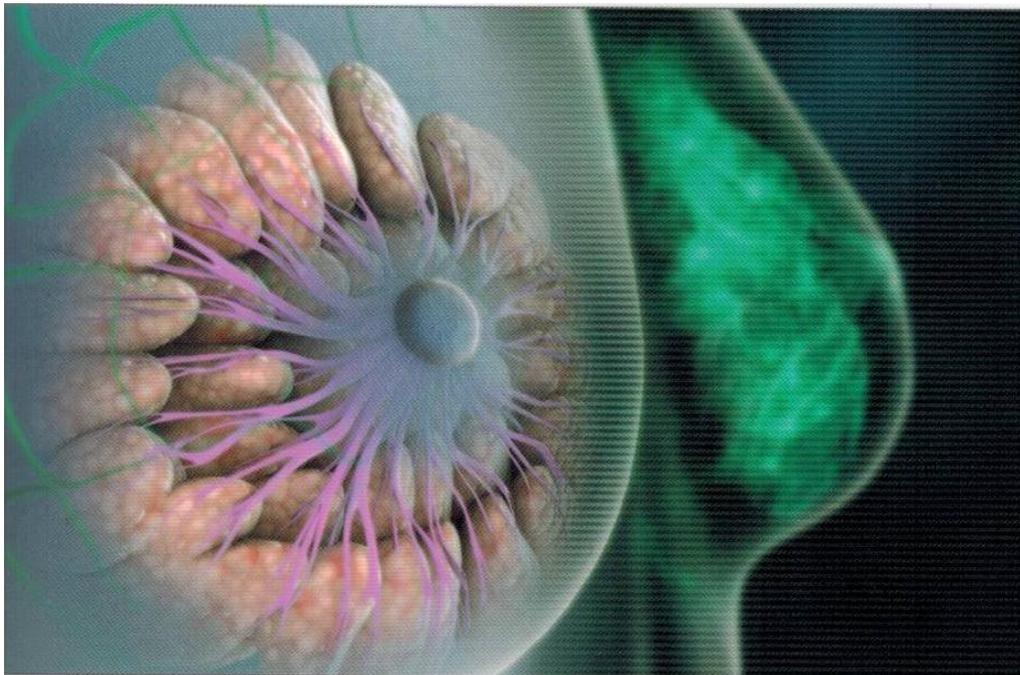
\*Two close relatives from the same side of the family who developed breast or ovarian cancer at the age of 60

\*A case of breast cancer in a male relative. And one close relative who develop breast cancer under the age of 40

\*A relative with cancer in both breasts.

Please if you notice any unusual changes in your breasts, talk to us or your GP. NHS offers a screening programme that aims to reduce death from breast cancer by detecting abnormal cells at early stage. Together we shall stop the death of breast cancer in our community.

# **PLEASE SAVE LIVES BREAST CANCER AWARENESS**



**Send for our Supporter's/Fundraisers pack of how  
to handle events in your living room, garden,  
office and also for full information on breast  
cancer and Voluntary work.**

**Caring Outreach International Charity**  
Suite 601, 223 Regent Street, London W1B 2QD  
0208 591 2682 [www.caringoutreachcharity.org/breastcancer](http://www.caringoutreachcharity.org/breastcancer)

**Please fill this support form and send to us today. Thanks**

Name \_\_\_\_\_

Address \_\_\_\_\_

E mail \_\_\_\_\_

One off Donation( £ \_\_\_\_\_) Thanks for saving Lives through your donation and your wil.