



M.P. SHAH HOSPITAL
A Legacy of Care



KEEP THE CUPS FULL

Know your
breasts. Early
detection
saves lives.



020 429 1000



info@mpshahhospital.org



WHAT IS BREAST CANCER?

Breast cancer is a life threatening disease which accounts for the largest number of cancer deaths among women globally. According to a post published by ASCOT the American Society of Clinical Oncology, breast cancer is the most diagnosed cancer with an annual incidence of 6,000 (2020) new cases and 2,500 cancer related deaths in Kenya. Regular mammograms and clinical breast exams performed during annual check-ups as well as breast self-examination play an important role in its early detection.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancers. The kind of breast cancer depends on which cells in the breast turn into cancer.

WHO CAN GET IT?

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Though men also get breast cancer. Most breast cancers are found in women who are 50 years of age or older. Some women will get breast cancer even without any other risk factors that they know of. Having a risk factor does not mean you will get the disease and not all risk factors have the same effect. Most women have some risk factors, but most women do not get breast cancer. In Kenya around 30% of female breast cancer patients are diagnosed in their 30's or early 40's¹.

EARLY SIGNS OF BREAST CANCER

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer; but breast cancers can be tender, soft, or round. They can even be painful. For this reason, it's important to have these and any of the abnormalities or changes below, to your breasts checked by an experienced health care professional.

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no lump is felt)
- Skin dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Scaliness or redness
- Nipple retraction (turning inward)
- Nipple or breast skin that is red, dry, flaking or thickened
- Nipple discharge (other than breast milk)

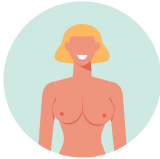
Sometimes breast cancer can spread through to lymph nodes under the arm or around the collar bone and cause a lump or swelling there even before the original tumor in the breast is large enough to be felt.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to a health care professional so the cause can be found.

There are a few ways that you can check your breasts throughout the day depending on where you are. Here are some ways that can help you feel and notice any changes

HOW TO DO A BREAST SELF EXAMINATION

STEP 1: IN FRONT OF A MIRROR



EXAMINE YOUR BREAST WITH ARMS DOWN



EXAMINE BREAST AND ARMPIT WITH RAISED ARMS



PLACE HANDS ON YOUR HIP TO ENGAGE THE MUSCLES

STEP 2: IN THE SHOWER



RAISE YOUR LEFT ARM ABOVE YOUR HEAD



EXAMINE YOUR LEFT BREAST WITH YOUR RIGHT HAND



REPEAT THE SAME PROCEDURE FOR THE RIGHT BREAST

STEP 3: ON THE BED



PLACE A PILLOW UNDER YOUR RIGHT SHOULDER & RIGHT HAND BEHIND YOUR HEAD



PRESS YOUR LEFT FINGER PADS ON THE BREAST IN A CIRCULAR DIRECTION

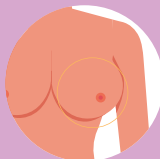


CHECK YOUR NIPPLE, SWITCH TO THE OTHER BREAST AND REPEAT

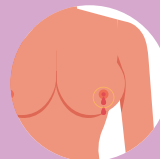
WHEN TO SEE A DOCTOR



IF YOU FEEL ANY LUMPS OR SKIN DIMPLING



BREAST DIFFERS IN SIZE OR SHAPE FROM THE OTHER



DISCHARGE FROM NIPPLES WITHOUT SQUEEZING

WHAT ARE THE RISKS FACTORS OF GETTING BREAST CANCER?

- Women who are not physically active have a higher risk of getting breast cancer.
- Being overweight or obese after menopause
- Drinking alcohol & smoking
- Family History
- Exposure to chemicals

HOW CAN YOU REDUCE YOUR RISK OF GETTING BREAST CANCER?

- Get to and stay at a healthy weight.
- Be physically active.
- Follow a healthy eating pattern.
- It is best not to drink alcohol.

TYPES OF CANCER TREATMENTS

The most common treatments are surgery, chemotherapy, hormonal therapy and radiation. Other options include targeted therapy and immunotherapy.

BREAST CANCER CARE AND TREATMENT AVAILABLE AT M.P. SHAH HOSPITAL

We have a one-stop Breast Clinic that is committed to helping women and men address all issues concerning the breast and breast cancer. The clinic runs at both Village Medical Centre at The Village Market and the Main Hospital in Parklands.

We offer a variety of services and treatment options such as:

- Diagnosis and management of all aspects of breast and skin problems
- Benign breast lumps, breast pain, nipple discharge, family history
- Breast cancer treatment: oncoplastic surgery, immediate and delayed reconstruction
- Breast implant exchange, augmentation, reductions and lipomodelling for correction of breast deformities and/or breast asymmetry for patients having undergone breast cancer surgery in the past
- Treatment of male breast enlargement (Gynaecomastia)

WHAT TO EXPECT ON YOUR VISIT TO OUR DOCTORS?

At our breast clinic, you will see a Breast Consultant and a nurse who query you regarding any breast problems prior and whether there exists any family history of cancer. Our specialist will then examine your breasts, under armpits and advise on the tests you may need. These could include:

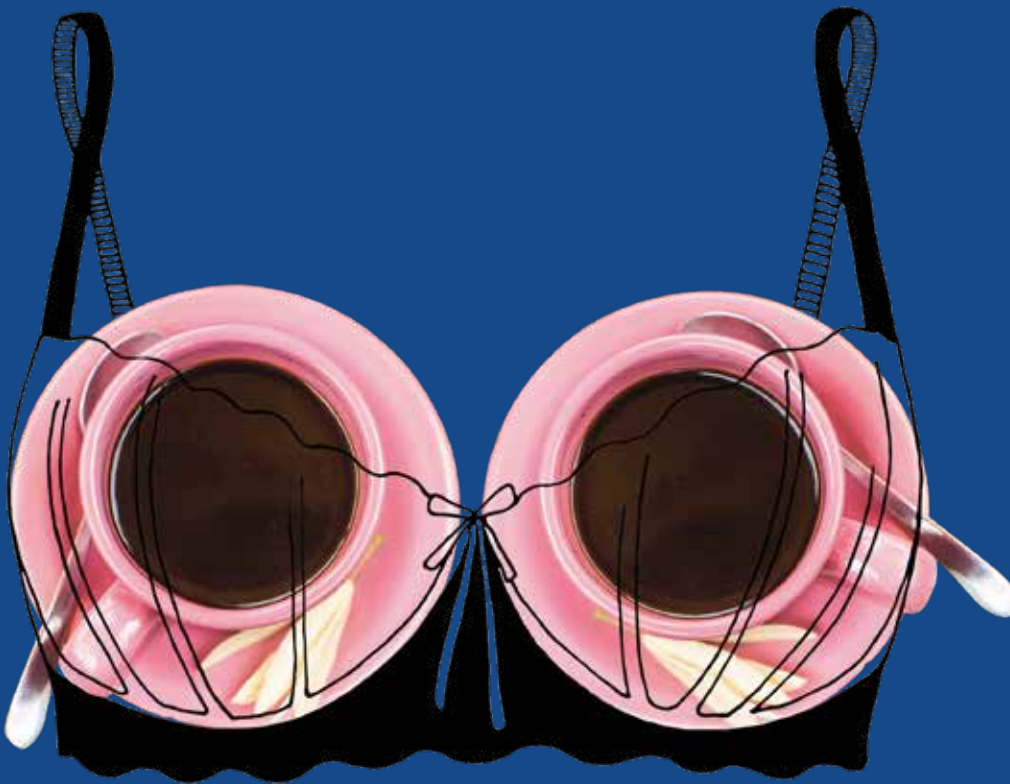
- **Mammogram** - Uses low-energy X-rays to identify abnormalities in the breast. This is the most important breast screening tool as it identifies early signs of breast cancer, micro calcifications and small lesions. Regular mammograms are the most effective tests for detecting breast cancer early, sometimes up to 3 years before it can be felt as lump

- **Breast ultrasound** – Uses high frequency sound waves to assess the size and shape of breast lumps and determine whether they could be tumorous growths or fluid filled cysts
- **Ultrasound** - Of the lymph nodes in the armpit
- **Biopsy** – To obtain a sample of breast tissue

Our competitive screening services are available all year and we currently have some great offers to get you started on your journey towards being breast aware.

WHAT IS THE DIFFERENCE BETWEEN INVASIVE AND NON-INVASIVE BREAST CANCER?

There are many different types of breast cancers. Tumours can be non-invasive or invasive. Non-invasive breast cancer is contained inside the milk ducts or lobules. Invasive breast cancer means that the cancer has spread beyond the ducts/lobules into the surrounding tissues.





OCTOBER OFFER

Breast Ultrasound & Pap Smear
(Under 40 yrs) – **Kshs. 3,000/-**

Breast Ultrasound & Mammogram
(Over 40 yrs) – **Kshs. 4,999/-**

Pap Smear – **Kshs. 700/-**

Breast Ultrasound – **Kshs. 2,300/-**

Mammogram – **Kshs. 2,800/-**

**FREE SPECIALIST BREAST SURGEON CONSULTATION
& BREAST EXAM. BY APPOINTMENT ONLY.**

SENTIMAG® GUIDANCE SYSTEM IN BREAST CANCER SURGERY

Since October 2019, with the appointment of Consultant Oncoplastic Breast Surgeon Dr Marek Ostrowski, the Breast Unit at M.P. Shah Hospital has become a regional centre for breast cancer care. M.P. Shah Hospital has pioneered the use of Sentimag®, the first of its kind in East Africa.

Advancements in medical practices have offered more women diagnosed with breast cancer the opportunity to receive breast-conserving and lymph node-sparing surgery. This innovation is a more accurate option in breast cancer surgery. Magseed is giving women better outcomes, with fewer needing repeat surgeries because the cancer wasn't completely removed. A Magseed is a tiny magnetic marker implanted with a needle that is used to accurately mark a tumour for surgeons to detect and remove as completely as possible using a Sentimag® probe. Sentimag® Guidance System is currently the most modern and innovative solution to breast cancer treatment available in East Africa.

EARLY DETECTION SAVES LIVES

Remember to regularly do a breast self-exam for continuous monitoring of changes to detect and combat any irregularities early as well as get treatment faster. Keep your cups full, know your breasts.



Our Breast Clinic Schedule:

Main Hospital Specialty Clinics: Monday and Wednesday 9:00am – 4:00pm

Village Medical Centre: Thursday and Friday 9:00am – 4:00pm

To book an appointment: Call/WhatsApp: 0784118008 / Email: breastclinic@mpshahhosp.org



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SOME THINGS JUST LOOK BETTER IN PAIRS

Don't wait, get a breast
screening done today!



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