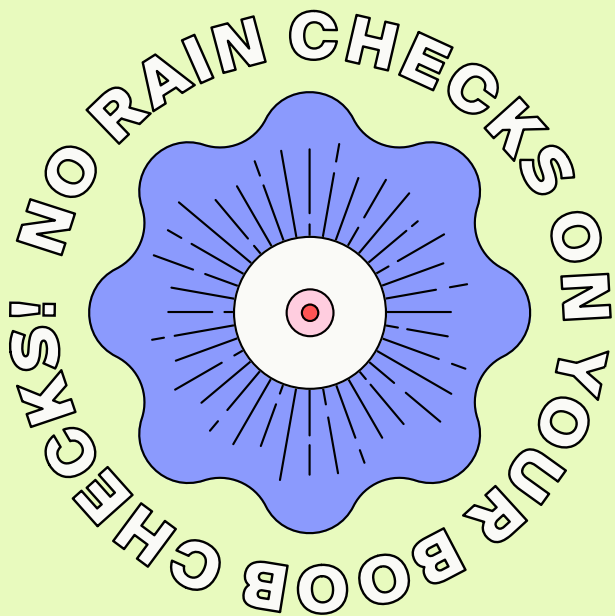




BREAST HEALTH PASSPORT



NAME:

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Phenomenally Pink introduction

We are a community organisation promoting proactive breast health action and awareness.

ACCESSIBILITY

We believe in equal access of health care knowledge and resources for all social groups.



COMMUNITY

By cultivating a health-conscious community, we believe we can support each other to pursue proactive self care and tackle breast cancer collectively.

FUNDUCATION

Knowledge and awareness are critical to our mission, but we believe even more in making conversations about proactive breast care approachable and less daunting.



Why this matters to you and us

It's very simple in Hong Kong:

- * 13 women are diagnosed with breast cancer every day
- * 1 in every 14 women are at risk of breast cancer
- * Breast cancer is the leading cause of death due to cancer
- * The youngest reported case was of only age 20

MISSION

To enable and maximise access to breast health exams through approachable community lifestyle events.

VISION

To build a support community promoting proactive breast health awareness and action for early detection and prevention.



Key terminology

BENIGN

Tumours that stay in their primary location without invading other sites of the body

BIOMARKER

Biological molecule secreted by some cancer cells that can be measured, usually by blood tests, used to detect and monitor treatment for a disease or condition

BIOPSY

Removal of a sample of tissue, using a wide needle, to check if cancer cells are present

BRCA1 & BRCA2

Principal genes that, when abnormal, or mutated, indicate an inherited risk to breast and ovarian cancers; accounts for 80-90% of all inherited cases of breast and ovarian cancers

CHEMOTHERAPY

Cancer treatment that kills all rapidly reproducing cells, while also affecting normal cells

CALCIFICATIONS

Calcium deposits that show up on mammograms as bright white specks or dots on the soft tissue background of the breasts. They're mostly noncancerous (benign), however may sometimes alert of precancerous stages

IMMUNOTHERAPY

Genetically reengineered genes used to boost immune systems; designed to act only on the cancer cells, so there is no adverse effect on normal cells, thus likely no adverse side effects

LYMPH NODES

Small clumps of immune tissue that act as filters for foreign material and cancer cells that flow through the lymphatic system

METASTASIS

Tumour has spread to a different part of your body part than where it started; i.e.: "cancer has "metastasized"

MALIGNANT

Tumors with cells that grow uncontrollably and spread locally or distantly; malignant tumors spread to distant sites via bloodstreams or lymphatic system

MASECTOMY

Surgical removal of breast; simple mastectomy involves removal of entire breast; radical mastectomy involves removal of entire breast along with underlying muscle and lymph nodes of the armpit

MASTITIS

Infection and/or inflammation of the breast

REMISSION

Complete or partial disappearance of signs and symptoms of cancer

TNM SYSTEM

T (tumor size),
N (lymph node involvement),
M (presence or absence of metastatic spread)

TNM combos are collected onto staging groups per similar clinical performance

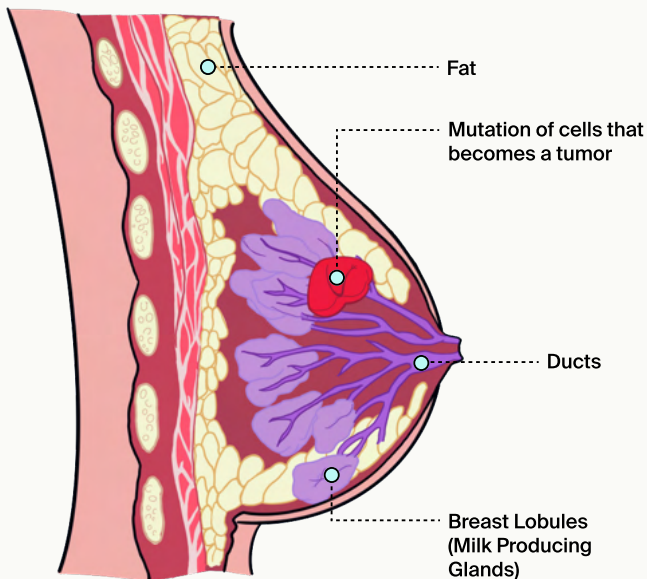
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What is breast cancer?

Since 1994, breast cancer has become the leading cancers affecting women in Hong Kong.

In the simplest definition, breast cancer is when the cells start to grow out of control and mutate into cancerous cells.

This process most commonly starts in the ducts in a specific breast lobule and then metastasizes (spreads) to other parts of the body.



Stages of breast cancer

There are various things to consider when determining the stage of the cancer, including the size and location of the tumor, and whether it has spread.

STAGE 0

The disease is non-invasive; it hasn't broken out of your breast ducts.



STAGE I

The cancer cells have spread to the nearby breast tissue.



STAGE II

The tumor is either smaller than 2 cm across and has spread to underarm lymph nodes or larger than 5 cm across but hasn't spread to underarm lymph nodes. Tumors at this stage can measure anywhere between 2 to 5 cm across, and may or may not affect the nearby lymph nodes.



STAGE III

By this stage, the cancer has spread beyond the point of origin. It may have invaded nearby tissue and lymph nodes, but it hasn't spread to distant organs. Stage 3 is usually referred to as locally advanced breast cancer.



STAGE IV

The cancer has spread to areas away from your breast, such as your bones, liver, lungs or brain. Breast cancer is also called metastatic breast cancer.



Types of breast cancer

"IDC" INVASIVE DUCTAL CARCINOMA:

Starting in milk ducts of breasts, this cancer breaks through the wall of your duct and spreads to surrounding breast tissue. Making up about 80% of all cases, this is the most common type of breast cancer.

"ILC" INFILTRATING LOBULAR CARCINOMA:

This cancer forms in the lobules of your breast (where breast milk production takes place) and has spread to surrounding breast tissue. It accounts for 10% to 15% of breast cancers.

"DCIS" DUCTAL CARCINOMA IN SITU:

The tumor is either smaller than 2 cm across and has spread to underarm lymph nodes or larger than 5 cm across but hasn't spread to underarm lymph nodes. Tumors at this stage can measure anywhere between 2 to 5 cm across, and may or may not affect the nearby lymph nodes.

"TNBC" TRIPLE NEGATIVE BREAST CANCER:

Making up about 15% of all cases, triple negative breast cancer is one of the most challenging breast cancers to treat. It's called triple negative because it doesn't have three of the markers associated with other types of breast cancer. This makes prognosis and treatment difficult.

"NCI" INFLAMMATORY BREAST CANCER:

Rare and aggressive, this type of cancer resembles an infection. People with inflammatory breast cancer usually notice redness, swelling, pitting and dimpling of their breast skin. It's caused by obstructive cancer cells in their skin's lymph vessels.

Signs and symptoms

Breasts come in different shapes and sizes, they also change as we age and during the different phases of our menstrual cycle. It's important to know what is normal for your breasts so you can spot any unusual changes.

If you do spot anything unusual, don't hesitate breastie, schedule an appointment with your doctor right away!



Changes in size /
shape



Skin sores, Rashes,
Non-healing wounds



Dimpling



Growing veins



Lump in armpit



Inverted Nipple



Orange Peel
Like Skin



Nipple Discharge



Redness, Scaliness,
Thickening of nipple
or breast



Bumps on breasts



Pain



Swelling or
Hardening

Risk factors

Two basic statistics to think about from Know Your Lemons (2022):

- * Every 1 minute, 1 woman dies from breast cancer somewhere in the world
 - * Every 14 seconds, 1 woman is told "you have breast cancer" somewhere in the world
-

All of the below factors are backed by most recent research from the Hong Kong Breast Cancer Foundation:

CANNOT CONTROL

Age: Risk increases for women after the age of 40; however, early menarche before age of 12 or late menopause after age of 55 are also at higher risk

Gender: Men get breast cancer too! It's just more prevalent in women

Genetics: Family history of breast cancer can increase chances due to certain genes (BRCA1 & BRCA2), which you can get tested for

Race: Certain races have a higher incidence globally reflecting on higher risks; research on your race's medical predispositions

CAN CONTROL

Physical activity: Those with sedentary lifestyles or less than 3 hours weekly exercise are at higher risk; luckily, there are lots of innovative ways to work out

Diet: Heavy dairy and saturated animal fats pose more risk; a good balance with foods rich in vitamins and antioxidants help control risk

Alcohol consumption: Try to avoid alcohol or limit to no more than 1 drink per day

Smoking: Tobacco is linked to various types of cancer, including breast cancer. Avoid smoking for longevity

Self check guide

STEP 1

Use 3 fingers to make small circles moving outwards



STEP 2

Put your hand behind your head and repeat step

STEP 3

Make sure to cover the whole breast area



STEP 4

Raise your arm and check your armpits; slide your hand across the entire surface area



STEP 5

Slide your hand across your collar bone and the lower part of your neck

Breast check Passport



Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

Community

Prevention and proactive care are a 360° effort that require being embedded into your lifestyle and routine.

We believe that communities are the greatest means to engaging and staying accountable to your health commitments and life goals, and nurturing both your your mind and body.

Most importantly, research studies globally have correlated the effectiveness of communities in preventing and overcoming cancer - as support networks and effective infrastructures.

Types of communities you can consider engaging in:

- * NPO/ NGO/ Community groups for weekly/monthly or 1 off sessions – explore the different groups in your society that need your support, i.e.: Time Auction, HandsOn Hong Kong, etc
- * Volunterering groups at your workplace – ‘ERGs’ employee resources groups: check out the various communities at work which you can become a part of!
- * Team sports – they usually have summer or introductory courses for beginners of all ages to join along; give it a try!
- * Fitness & wellness group class – they are available at many gyms/ fitness/wellness studios
- * Start your own community – there’s always going to be another person who is as passionate about something as you are!

Wellness Resource Guide

BOOK A BREAST SCREENING NOW

Hong Kong Breast Cancer Foundation

www.hkbcf.org/en/breast_health_centre/online_booking

Tung Wah Hospital

www.tungwah.org.hk/en/medical/mh-introduction/screening/well-women-clinic/

GET SUBSIDIZED SUPPORT HERE:

2D Mammogram with HKBCF & HKJC

www.hkbcf.org/en/breast_health_centre/main/542

FIND A SUPPORT GROUP

Maggie's Cancer Caring Centre

www.maggiescentre.org.hk/en/how-maggie-s-can-help/emotional-psychosocial-support

Jockey Club Cancer Survivorship Care Project

www.jccsc.hkacs.org.hk/

NEED TO TALK TO SOMEONE?

The New Normal Hong Kong

www.thenewnormalcharity.com/meetings/good-grief-hong-kong

GET A WOMEN'S HEALTH ASSESSMENT

Family Health Service

www.fhs.gov.hk/english/centre_det/cent_pwhs/14734.html

SUPPORTING YOUR FOREIGN DOMESTIC HELPER

Phenomenally Pink has got you covered!

email: info@phenomenallygroup.com

<https://www.phenomenallygroup.com/>

Free Breast Exams for Foreign Domestic Helpers

www.hongkongpcca.dfa.gov.ph/site-administrator/embassy-news/351-ofws-in-hk-receive-free-breast-exam-mammogram

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Please Take a Photo of Your Passport &
Recycle Me Once Completed