



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

BREAST CANCER SYMPTOMS

Early diagnosis of cancer generally increases the chances for successful treatment.



Nipples changes



Bloody discharge



Lump in the breast



Change in breast color



Pitting of the breast skin



Breast or nipple pain



WAYS TO REDUCE YOUR BREAST CANCER RISK



Do not smoke



Control your weight



Limit or avoid alcohol



Breastfeed



Be physically active



Avoid exposure to radiations



Source: WHO HEALTH ADVISORY

#UHCares

Trunkline: (046) 481-1900

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm
- ★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



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