



## UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

## BREAST CANCER SYMPTOMS

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



Nipples changes



Change in breast color



Bloody discharge



Pitting of the breast skin



Lump in the breast



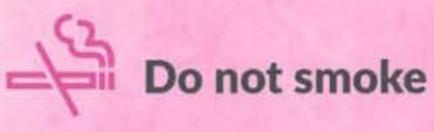
Breast or nipple pain





## WAYS TO REDUCE YOUR BREAST CANCER RISK







Control your weight



Limit or avoid alcohol



Breastfeed



Be physically active



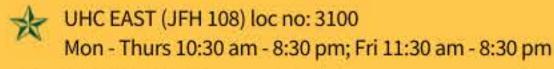
Avoid exposure to radiations





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



Won - Fri 7:00 am - 7:00 pm

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Source: WHO HEALTH ADVISORY



www.dlsud.edu.ph