



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | AMC . IAU

مستشفى الملك فهد الجامعي
King Fahd University Hospital

We paint hope



in pink

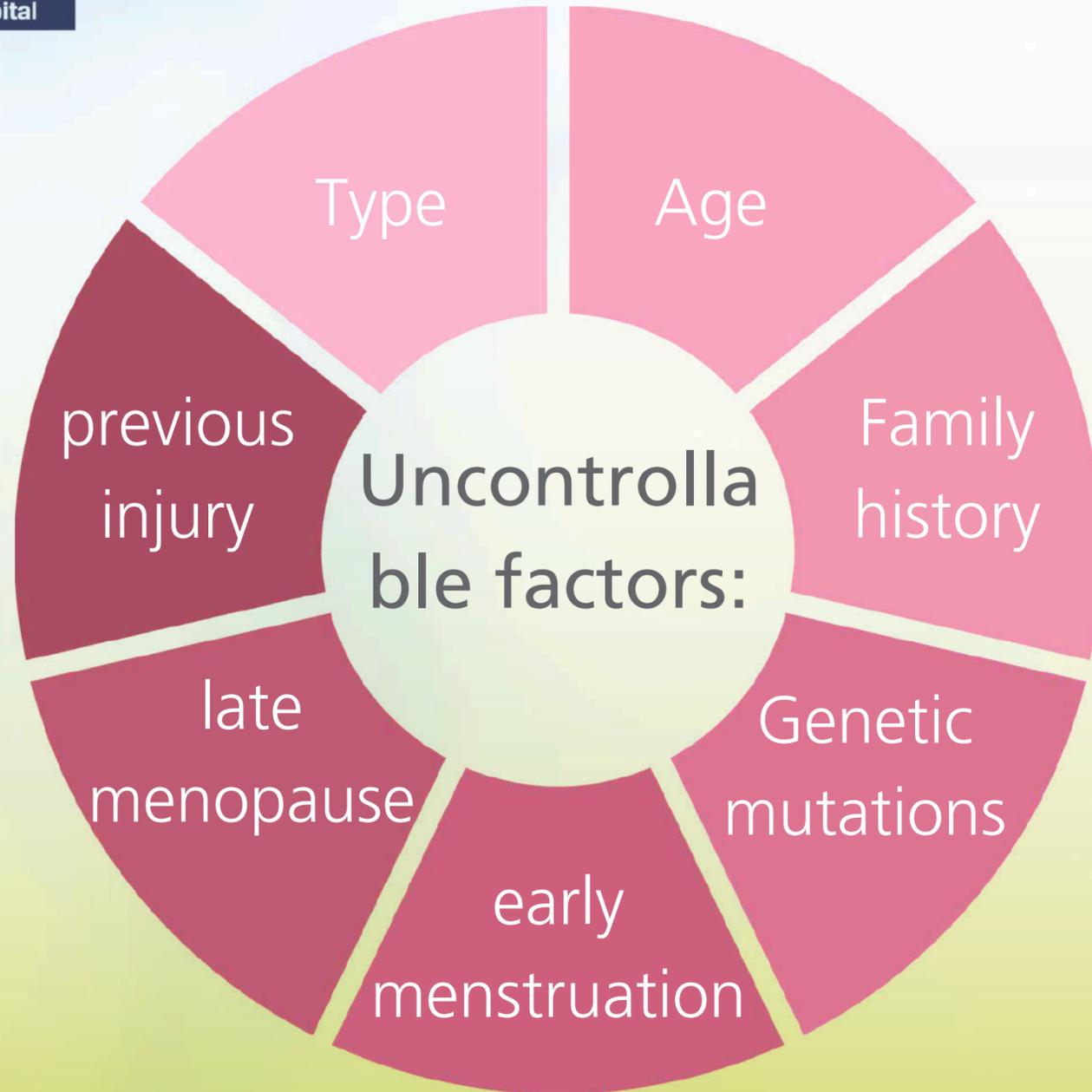


Health Awareness Unit



Breast Cancer
Awareness
Month
October

@IAU_KFHU



Who is at risk for breast cancer?

October

Uncontrollable factors:

Gender: Women are 99% more likely.

Age: The risk increases after the age of 40.

Family history: Breast cancer in first-degree relatives.

Genetic mutations: such as BRCA1 and BRCA2.



Who is at risk for breast cancer?

October

Uncontrollable factors:

Early menstruation: before age 12.

Late menopause: after age 55.

Previous breast cancer or cancer of
the other breast.



Who is at risk for breast cancer?

October

Controllable factors:

Smoking and
alcohol
consumption

Obesity and
overweight

Having children
late in life or not
having children
at all

Hormonal
therapy

lack of physical
activity

Breastfeeding



Who is at risk for breast cancer?

October

Important notes

More than half of cases occur in women who have no obvious risk factors.

Important notes

Early detection increases the chances of recovery by **more than 95%**.



Who is at risk for breast cancer?

October

Steps to reduce the risk of infection:



Early childbirth



Breastfeeding



Eat healthy food



Regular physical activity



Maintaining a healthy weight



Ways to prevent breast cancer?

October

Steps to reduce the risk of infection:



Avoid long-term hormone therapy



Abstain from smoking and alcohol consumption



Early detection by mammogram every two years after the age of forty



Periodic examination if there is a family history of the disease



Avoid using birth control pills for long periods



Ways to prevent breast cancer?

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Increases the recovery rate to more than 95%

Reduces mortality rate by up to 30%

Provides more effective treatment options

A white dove is perched on a branch of yellow and green flowers, symbolizing peace and early detection.

The importance of early detection

October

The importance of early detection



Increases the recovery rate to more than 95% and reduces deaths by up to 30%

Breast cancer is the most common cancer among women in Saudi Arabia and the world.

More than 50% of cases are discovered late, making treatment difficult and more expensive.

Early detection of **breast cancer**
Why is early detection important?

The method	repetition	Target group
Self-examination	Monthly	Age 20 and above
Clinical examination	Every 1–3 years	Age 25 and above
Mammogram	Every year or two	Age 40 and above



Early detection of **breast cancer**
How is early
detection done?

Where can the test be performed???

Primary health care centers

Ministry of Health mobile clinics

Via the Sehaty app to book
an appointment



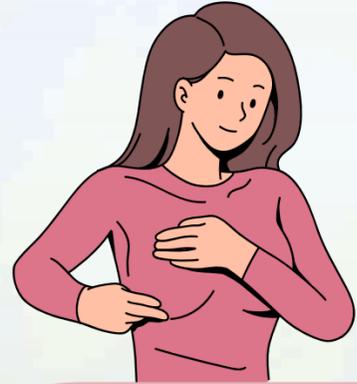
Early detection of **breast cancer**
How is early
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Did you know?

- ✓ The examination is painless and takes only minutes.
- ✓ Early detection may save your life or the life of your loved ones.



Early detection of
breast cancer