



WOW D.I.V.A.S

DIVINELY INSPIRED VICTORIOUSLY ANOINTED SISTERS

DO YOU KNOW?

1. What is normal for your breasts?
2. How to check your breasts?
3. What changes to look for?
4. That you should check any changes without delay?
5. How to take care of your well being?
6. When to attend regular breast screenings?
7. That being diagnosed with breast cancer is not a death sentence?



Rita Okoye, CEO,
Majestically Rare Events, Nigeria



*"Let the wise hear and increase
in learning, and the one who
understands obtain guidance".*

Proverbs 1:5

1 DO YOU KNOW

WHAT IS NORMAL FOR YOUR BREASTS?

Everyone's breasts look and feel different. For many women it's normal to have lumpy breasts and/or tenderness or pain around their period. It's also common to have one breast larger than the other, or breasts that are different shapes. Know what is normal **FOR YOU!**

2 DO YOU KNOW

HOW TO CHECK YOUR BREASTS?

There is no right or wrong way to check your breasts. Get used to **TOUCHING, LOOKING** at and **CHECKING** your breasts thoroughly **VERY REGULARLY**. You can do this while having your bath or applying lotion. You can do it while standing up or lying down or when you get dressed. You decide what is comfortable and best **FOR YOU!**



Remember to check **ALL PARTS** of your breast, your armpits and up to your collarbone as shaded in the diagram. Finally, gently squeeze each nipple and check for discharge

Give your breasts some T L C - Touch. Look. Check!

3 DO YOU KNOW

WHAT CHANGES TO LOOK FOR?



When checking your breasts, try to be aware of any changes that are different **FOR YOU**.

Changes **COULD BE**:

A change in size or shape

A lump or thickening that feels different from the rest of the breast tissue

A change in skin texture such as puckering or dimpling (like orange skin)

Redness or a rash on the skin and/or around the nipple

An inverted (pulled in) nipple or a change in position or shape

Discharge (liquid) from one or both of your nipples

A swelling in your armpit or around the collarbone

Constant pain in the breast or armpit

4 DO YOU KNOW

THAT YOU SHOULD CHECK ANY CHANGES WITHOUT DELAY?

Most breast changes are normal, and not a sign of breast cancer. But you do need to find out what is causing the change. See a doctor as soon as you notice any changes in your breasts.

"See, I have engraved you on the palms of my hands"

Isaiah 49:16

5 DO YOU KNOW

HOW TO TAKE CARE OF YOUR WELL BEING?

It has been proven that taking care of your well being and general health may help to reduce the risk of developing breast cancer.



Eat a well-balanced diet with plenty of fruit and vegetables



Anuli Obienu, Delivery Manager,
Group IT, Lloyds Banking Group, UK

- Eat plenty of foods rich in fibre (e.g. brown rice, corn and millet) pulses (like beans and lentils, vegetables and fruits).
- Drink plenty of water.
- Maintain a healthy weight.
- Enjoy your food.
- Replace red meat and poultry with fish especially as you grow older.
- Limit foods that contain a lot of fat, especially animal (saturated) fat.
- Limit sugary food and drinks.
- Lower your salt intake.
- Moderate your alcohol intake.

Maintain a healthy body weight

Strong research shows that being overweight or obese increases the risk of postmenopausal breast cancer - the most common type. Try to maintain a healthy weight and limit the amount of weight you gain throughout life (particularly around your waist) through a balanced diet and regular physical activity.

Your body is a Temple - treat it like one!

Doing regular exercise

As well as helping you avoid weight gain, physical activity plays an important role in balancing your hormone levels, so it can directly reduce breast cancer risk. Aim to have at least 45 minutes of moderate physical activity every day.

Brisk walking and housework (such as sweeping, gardening and window cleaning) all count as exercise - especially if the activity leaves you slightly out of breath.



Limit your alcohol intake

If alcohol is to be consumed at all, it is a good idea to limit intake to 2 a day for men and 1 a day for women.

Don't smoke or expose yourself to other peoples smoke



Cigarette smoke contains compounds known to cause cancer. Smoking and second-hand smoke exposure raises the risk of breast cancer

Breastfeeding

If you are able to, breastfeeding is a healthy choice for you and your baby. Strong evidence shows that breastfeeding protects mothers against breast cancer and babies from excess weight gain. It is best for mothers to breastfeed exclusively for up to 6 months and then add other foods.

It's never too late to start doing the right thing.

6 DO YOU KNOW

WHEN TO ATTEND REGULAR BREAST SCREENINGS?

Breast screening and early detection can reduce deaths from breast cancer. If breast cancer is found early, one is less likely to have a mastectomy (breast removal) or chemotherapy. A clinical breast examination (CBE) is a physical examination of the breasts done by a health professional by examining your breasts, underarm, and collarbone area for any lumps or abnormalities.

It is recommended that women in their 20's and 30's have a CBE every 3 years, and women over the age of 40 have CBE's every year.

Mammogram's use X-rays to look for breast cancers when they are too small to be seen or felt. Breast cancer is the most common cancer in women and it is more likely as women get older. Yearly mammogram's should start at

age 40 and continue for as long as a woman is in good health.

For Breast Cancer Screening centres visit your State Hospitals or Teaching Hospitals or ask your Doctor.



Udo Maryanne Okonjo,
LL.M (Lond), CEO,
Fine and Country Intl.
Nigeria

7 DO YOU KNOW

BREAST CANCER DIAGNOSIS IS NOT A DEATH SENTENCE?

The outlook has much improved in recent years. Deaths from breast cancer are now at the lowest ever in 40 years. This is mainly due to the improvements in the treatment of breast cancer.

The specialist who knows your case can give more accurate information about your particular outlook, and how well the type and stage of cancer is likely

to respond to treatment.

There are many options for breast cancer treatment, and you may feel overwhelmed as you make complex decisions about your treatment. Consider seeking a second opinion from a breast specialist in a breast centre or clinic. Talk to other women who have faced the same decision.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

In recent years, there's been an explosion of life-saving treatment advances against breast cancer, bringing new hope and excitement. Instead of only one or two options, today there's an overwhelming menu of treatment choices that fight the complex mix of cells in each individual cancer. There are several treatments, which can be used:

Surgery

Surgery can be used to remove the tumour and sometimes some surrounding tissue

Chemotherapy

Chemotherapy uses drugs to destroy cancer cells. If the cancer has a high chance of returning or spreading, doctors may recommend chemotherapy to decrease the chance that the cancer will recur.

Radiotherapy

Radiotherapy treats cancer by using high energy x-rays to destroy the cancer cells while doing as little harm to normal cells.

Drug Treatments

Targeted drug treatments attack specific abnormalities within cancer cells. Targeted drugs approved to treat breast cancer.

Hormonal Therapy

Hormone therapy is perhaps more properly termed hormone-blocking therapy and is often used to treat

breast cancers that are sensitive to hormones. Hormone therapy can be used after surgery or other treatments to decrease the chance of the cancer returning. If the cancer has already spread, hormone therapy may shrink and control it.

Complementary and Holistic Medicine

These include acupuncture, meditation, and yoga could be a helpful addition to regular medical treatment.

Dr. Ruky Ugwumba, MBBS, MSC,
CCFP (Canada) MRCGP (UK)
Special Adviser on Health Monitoring
to Delta State Governor.



Straight Talk

WOW D.I.V.A.S presents "Straight Talk"
A Journey of Knowledge, Hope and Possibilities.

STRAIGHT TALK:

- A WoW D.I.V.A.S Breast Cancer awareness Hangout to raise awareness on the impact of Breast Cancer on families and the nation.
- To provide updated information, guidance and support.

Featuring:

- Real Facts. Knowledge and cutting edge medical information.
- Real People. Real life stories of Hope.
- Real Possibilities. Beyond Surviving Cancer

Friday 14th October 2011

Time: 8:30am - 1:30pm (Registration at 8am)

Venue: The Civic Centre Panorama Hall,
Ozumba Mbadiwe Road, Victoria Island, Lagos

RSVP: Attendance is free subject to registration by 28 September 2011

Send full names and contact details to greatdivas@yahoo.com or sms Priceless Diva @ 08023194088 / 08074947928



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The facts, information and advice contained in this leaflet are by no means exhaustive, neither are they intended as a substitute for medical care and guidance. Always take primary responsibility for your own health, and ensure you seek medical attention as soon as you observe any change(s) in your health.

Our models are real and beautiful women whose images are used solely for illustrative purposes.

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