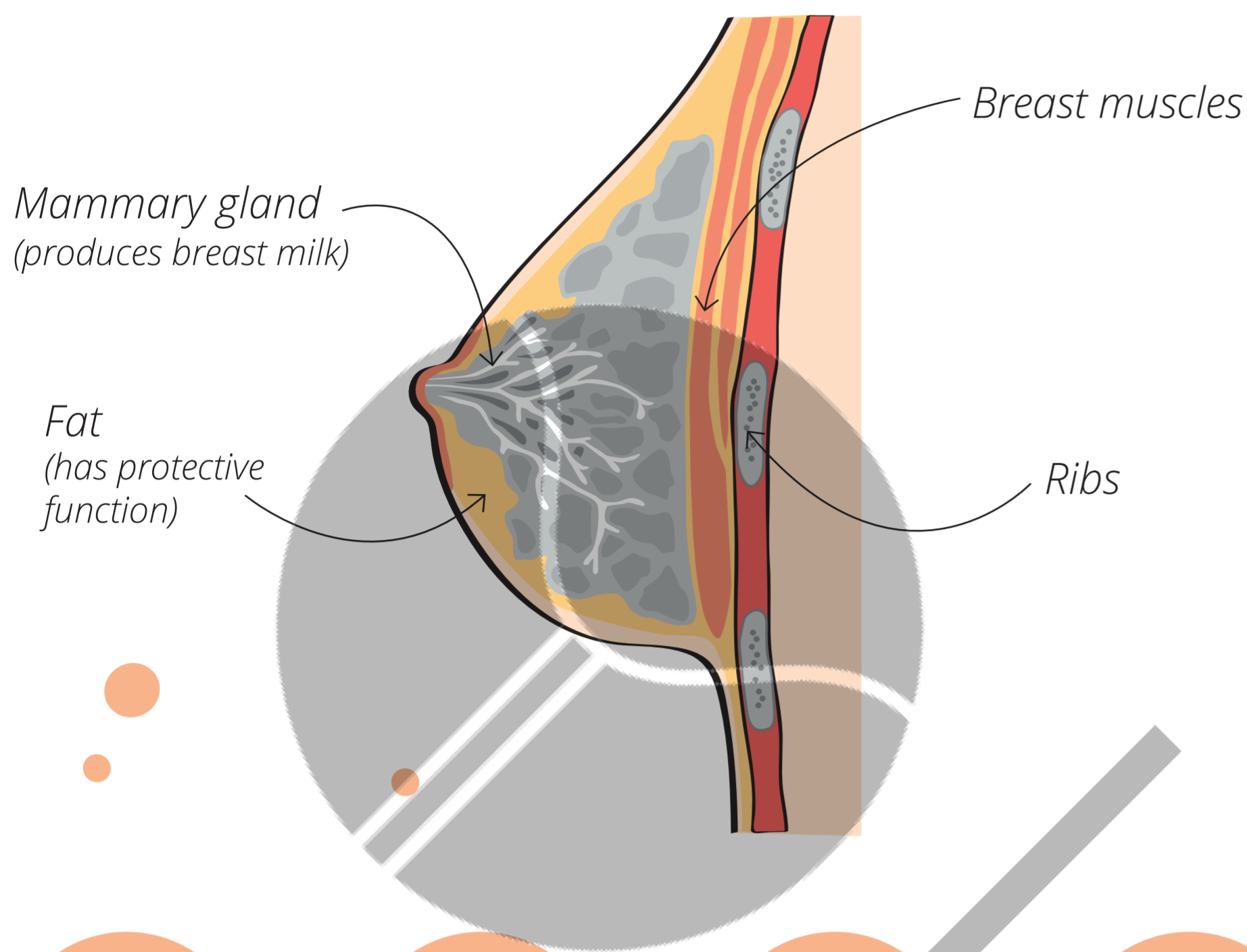


Breasts

Breasts, also known as boobs, are mainly responsible for the production of breast milk. However, we can't deny their aesthetic and seductive function. Learn with us, how to take care of them and how to prevent and recognize cancer.

Breast anatomy



67

D

500

7000

kilocalories per 100 millilitres of breast milk - which is more than one beer.

average size of breasts in Czech Republic.

grams - the weight of one average breast.

women get diagnosed with breast cancer every year.

How can boobs get sick?

Inflammation	Malign tumour cancer
Cyst a pocket of tissue containing fluid	Benign tumour made of ligament or fat tissue

Screening: Every woman after 45 should undergo mammography every 2 years. You can find the list of accredited institutions at www.mamo.cz.

Did you know that up to 30% of breast cancer is discovered by the partner of the patient? When you come home, examine your partner and teach them the rules of self-examination.

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



Breast cancer

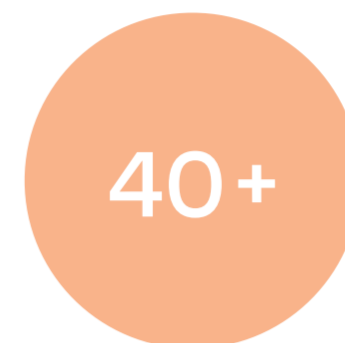
What is cancer?

You can imagine cancer as an "out of control" cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

What are the risk factors of breast cancer?



Genetics
breast cancer in family, gene mutations (BRCA 1,2).



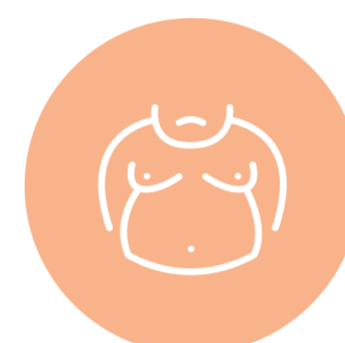
Age



No childbirth



No breast feeding

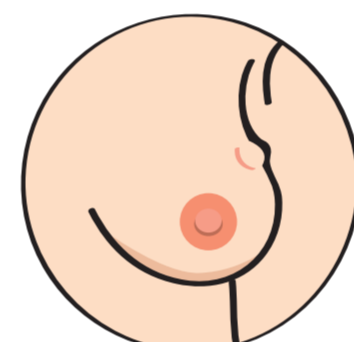


Obesity

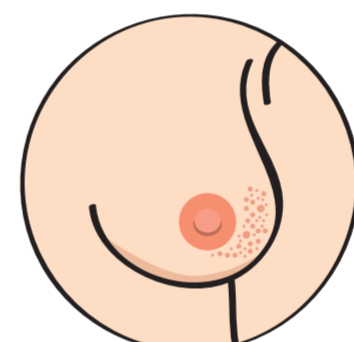


Smoking

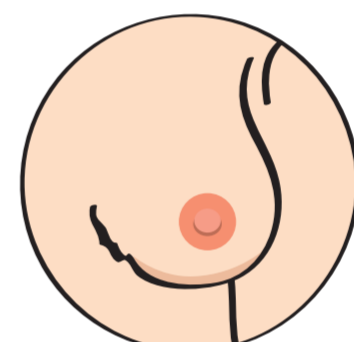
How does breast cancer manifest itself?



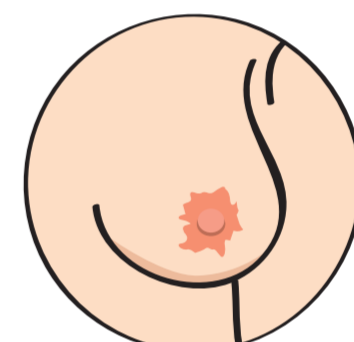
Lump



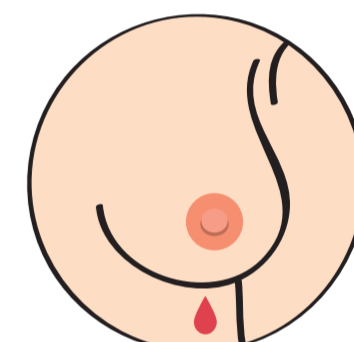
Orange peel skin



Rash, irritation



Nipple changes



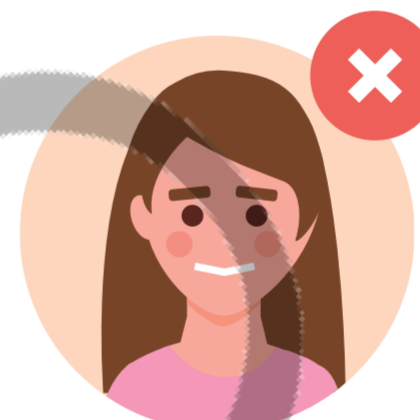
Nipple discharge

What to do if...

you detect some of the changes above?



Don't panic



Don't be shy



Don't look for advice on the internet



Go to your doctor

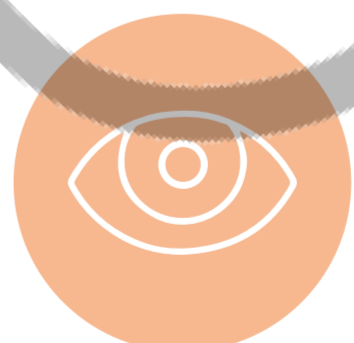


55 - 65 is the most common age of women with breast cancer. Can men suffer from breast cancer? Yes, in up to 1 % of the cases.

How to self-check yourself?



Once a month



Visual check



Feel them

You can find these instructions at www.loono.cz/en:



Point your smart-phone camera.

Test your knowledge at bit.ly/PreventionTest



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