BREAST CANCER

IS THE NUMBER 1 CANCER AMONG SINGAPOREAN WOMEN.

Each year, 1930 women are diagnosed with breast cancer and over 420 die from the disease¹.

If you notice any changes in your breast, you should seek medical advice right away.

Lump—may not be seen, but might be felt
Not all lumps are cancerous but a new lump or mass could be the most common symptom of breast cancer. A painless, hard mass with irregular edges is more likely to be cancer, but breast cancer can also be tender, soft, or rounded. They can even be painful.

Any Nipple discharge other than breast milk
Particularly clear discharge or bloody discharge

Skin texture
- Dimpling/puckering anywhere on the breast
- An enlargement of pores in the skin of the breast

Appearance or direction of nipple
- Nipple that is turned slightly inward or inverted
- The skin on nipple thickens or gets red or scaly

Rash or crusting
Unexplained redness, swelling, skin irritation, itchiness, or rash on the skin of the breast, areola, or nipple

¹Singapore Cancer Registry, Annual Registry Report 2015