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 Building *Nunavut* Together
Nunavut iuqatigiingniq
 Bâtir le *Nunavut* ensemble

Public Service Announcement

October is Breast Cancer Awareness Month

Start Date: October 3, 2019
End Date: October 31, 2019

Nunavut-wide

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Breast cancer is the third most common type of cancer among women in Nunavut and the most common cancer amongst Canadian women.

During Breast Cancer Awareness Month, women are encouraged to have a conversation with their healthcare provider about breast health and actions they can take to help minimize their risk of developing cancer.

The risk of developing breast cancer increases if you are over 50, are overweight or have a family history of the disease.

Common signs and symptoms include:

- Feeling a lump in the breast.
- Swelling of all or part of the breast.
- Pain, irritation or dimpling of the skin on the breast.
- The nipple or skin on the breast looks red, scaly or thickened.

It is important for women who experience any of these signs or symptoms to visit their health centre or speak to your community health representative to book an appointment. Early detection can save lives.

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