

## **Public Service Announcement**

## **Breast Cancer Awareness Month**

Start Date: October 17, 2024 End Date: October 31, 2024

Nunavut-wide 60 sec

October is Breast Cancer Awareness Month. The Department of Health would like to take this opportunity to spread the word about the symptoms of breast cancer and the importance of regular screening.

Breast cancer is the third most common cancer in Nunavut, after lung and colorectal cancer. Finding it early through regular screening can save lives. Mammograms can find breast cancer early, often before you notice any symptoms. This increases the chances of successful treatment.

Speak with your health care provider to explore if a mammogram is good for you to detect any abnormal breast situation such as lump(s) in the breast or underarm, changes in breast size or shape, nipple discharge, nipple sores or inverted nipples, skin changes, or breast pain.

To help detect breast cancer early, women aged 50-74 are recommended to screen for breast cancer every two years. Those between 40-49 are recommended to have a discussion with their health care provider about the risks and benefits of early screening. Those with a family history of breast cancer may need to start earlier. Encourage friends and family to seek care and share information about breast cancer awareness.

Together, we can make a difference. Early detection is key. Let's support each other in the fight against breast cancer.

For more information talk to your health care provider.

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