



OCTOBER PINK

SELFCARE AND PREVENTION



If the diagnosis of breast cancer is earlier, the cure could be achieved more than 90%, but unfortunately, 66% of cases in Brazil, the disease will be discovered by the own patient during the self-exam, which means that, this is happen during an intermediate phase of the disease.

30% OF BREAST CANCER CASES COULD BE AVOID WITH HEALTH HABITS:



Regular practice of physical activities



Health Food



Low intake of alcoholic drinks



Breastfeed



Weight adequate



WHERE CAN YOU FIND HELP?



UNIDADES BÁSICAS DE SAÚDE (UBSs) CLÍNICA DA FAMÍLIA

In all UBSs, the users can make a mammography exam request from 40 years old on, or from 35 years old on for those who register cases of the disease in the family.

The appointment will be made within 30 days and the result will be evaluated by the medical staff. In the event of an abnormality, the woman will be referred for priority care, and in case of confirmation of the disease, directed for treatment.