



## Breast Cancer Awareness

*October is Australia's Breast Cancer Awareness Month, and provides an opportunity to focus on breast cancer and its impact on those affected by the disease in our community.*



Breast cancer remains the second most common cancer among Australian women, behind non-melanoma skin cancer. Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis. A lot of this is due to awareness of the importance of screening and early detection of breast cancer.

### **Mammogram screening:**

BreastScreen Australia offers free breast screening for women without symptoms aged 50-74, when screening has the greatest potential to prevent deaths from breast cancer.

Women aged 40-49 and 75 years and older who have no breast cancer symptoms or signs are also eligible for free screening mammograms.

BreastScreen WA visits almost 100 regional WA towns every two years.

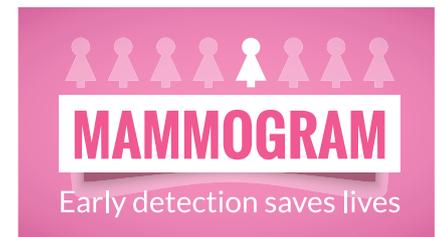
There is a full schedule of locations and dates on the BreastScreen WA website – [www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

### **How to perform self-examination**

Self-examination is extremely important to notice any changes in your breasts. Here are some changes to look out for:

- ▶ a new lump or lumpiness, especially only in one breast
- ▶ a change in the size or shape of your breast
- ▶ a change to the nipple, such as crusting, ulcer, redness, or inversion
- ▶ a nipple discharge that occurs without squeezing
- ▶ a change in the skin of your breast such as redness or dimpling
- ▶ an unusual pain that doesn't go away

Most changes may not be due to breast cancer but it's important to see your doctor without delay if you notice any of these changes.



### **You can perform self-examination:**

#### **1) In the shower**

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the centre, checking the entire breast and armpit area. Check both breasts each month for any lump, thickening, or hardened knots.

#### **2) In front of a mirror**

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

#### **3) Lying Down**

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple, check for discharge and lumps. Repeat these steps for your left breast.

If you notice any changes to your breasts you should discuss these with your doctor.

[www.nationalbreastcancer.org/breast-self-exam](http://www.nationalbreastcancer.org/breast-self-exam)

## Can men develop breast cancer?

It may come as a surprise to know that men can develop breast cancer. Breast cancer in men is the same disease as that which affects women. Both men and women have breast tissue, although men have less breast tissue than women. While breast cancer is uncommon in men, it's important that men who find a change in their breasts don't let embarrassment or uncertainty prevent them from seeing their doctor without delay.

The most common breast cancer found in men is invasive ductal carcinoma. This cancer typically presents as a lump; however there are other symptoms to be aware of such as discharge from the nipple, change in shape or appearance of the nipple or breast, experiencing pain, and swollen lymph nodes under the arm.

BREAST  
CANCER

AWARENESS  
MONTH



## Chicken and mushroom stir fry with greens

*Try this easy weeknight dinner option that is quick, healthy and delicious!*

15 minutes prep. 15 minutes cooking

Serves 2-3 people

### Ingredients:

- ▶ 5 cloves of garlic, whole
- ▶ 1 onion, sliced
- ▶ 3-4 skinless chicken thighs, diced (approx. 300g)
- ▶ 1 cup sliced mushrooms (your choice)
- ▶ 1 head of broccoli, florets
- ▶ 1 cup of snow or sugar snap peas, top and tail
- ▶ 3 tbsp vegetable oil
- ▶ 3 tbsp oyster sauce
- ▶ ¼ cup chicken stock
- ▶ 1 tbsp cornflour

### Method:

1. Fry the whole garlic cloves in vegetable oil
2. When the oil is aromatic add the sliced onion.
3. When onion is soft add the mushrooms.
4. Once mushrooms are browned add the chicken.
5. When chicken is cooked add the broccoli and peas.
6. Combine oyster sauce, stock and cornflour. Add the sauce mixture to the pan when the green vegetables have turned bright green. Stir until everything is coated in the sauce.
7. Serve with brown rice or enjoy on its own.



Lvl 3, 170 Railway Parade,  
West Leederville WA 6007



(08) 9483 8888



lgisw.com.au

The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.

LGIS is managed by Jardine Lloyd Thompson Pty Ltd (ABN 69 009 098 864 AFS Licence 226827). The JLT Group is a part of the Marsh & McLennan Companies (MMC) group of companies. SG-019-0988. LCPA 19/117.

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

Contact Renee Wockner, LGIS WorkCare Services Manager,  
on 9483 8826 for more information on our  
health and wellbeing services.