

# BREAST CANCER IRELAND

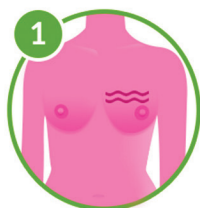
researching a cure



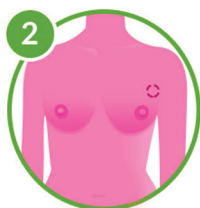
1 in 9 women will be diagnosed in their lifetime.

There are currently **2890** new cases diagnosed annually.

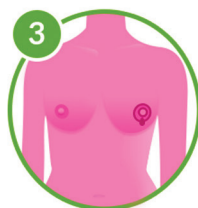
Below are **8** warning signs to look for.



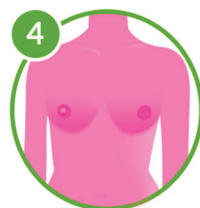
1  
A puckering of the skin of the breast



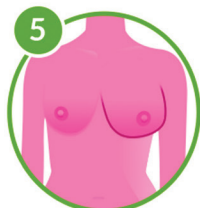
2  
A lump in the breast or armpit



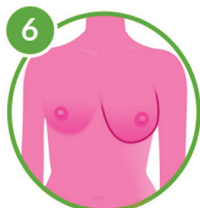
3  
A change in the skin around the nipple or nipple discharge



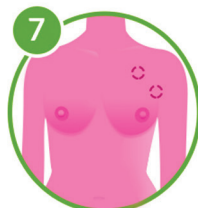
4  
Dimpling of the nipple or nipple retraction



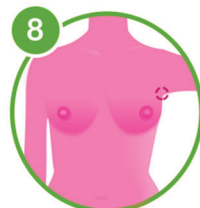
5  
An unusual increase in the size of one breast



6  
One breast unusually lower than the other. Nipples at different levels



7  
An enlargement of the glands



8  
An unusual swelling in the armpit

The risk of breast cancer increases with age:



30% of women are diagnosed between 20-50 years

34% of women diagnosed between 50-69 years

36% of women diagnosed 70 years and above

Only 5-10%  
of breast cancer  
are hereditary



Survival rates are increasing in Ireland due to increased awareness and breast screening.

85%

Mortality rates have reduced by

2%



One can reduce the risk of developing Breast Cancer by diet, exercise and control of alcohol consumption