



Know your breasts

An initiative by



Breast Care Foundation

[kenjeborsten.nl](https://www.kenjeborsten.nl)

Know your breasts: why?

In the Netherlands, one in seven women will get breast cancer. Furthermore, over 100 men are diagnosed every year as well. The sooner you find something unusual in your breasts, the better the chance of recovery.

It is therefore important that you know your breasts. This will enable you to recognise any symptoms and take action. Make sure that you know what your breasts normally look and feel like. Regular observation is especially important here as many alarm signals can be seen, but not always felt.

How do you check your breasts?

Regularly examine your breasts yourself. Stand in front of the mirror, and look at your breasts. You can see most of the symptoms. So be sure to look closely and pay attention to the 12 most common symptoms that may indicate breast cancer (see image "12 potential symptoms").

In addition to looking at your breasts, you can also feel them.

Put your right arm behind your head, and put your left hand on your right breast. With four fingers together and outstretched, make small circular movements from the outside of your breast towards the nipple.

Start at the top right, go around your breast, and finish where you started. After that, check the nipple and the area around it. Gently pull your nipple forward; it should move easily. Repeat these steps for the left breast as well.

When do you need to contact your GP?

- 1 If you are in doubt or have a symptom
- 2 If your breast or breasts have changed, or if you recognise one of the twelve symptoms
- 3 If there is breast cancer in your family

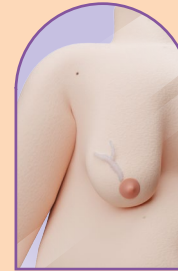
Risk factors

- alcohol
- disrupted sleeping pattern
- insufficient physical activity
- genetic factors
- being overweight
- hormones
- dense breast tissue

Possible risk factors (in analysis)

- microbiome (stomach/gut)
- vitamin D deficiency
- nutrition

12 potential symptoms of breast cancer



Thick/enlarged vein



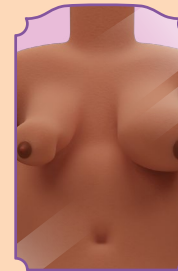
Bump



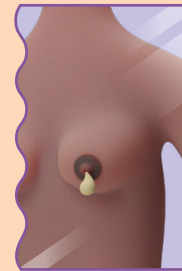
Skin sores



Hard area



Change in shape/size



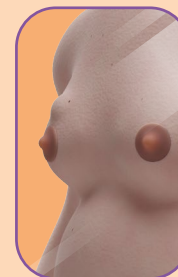
Loss of fluid



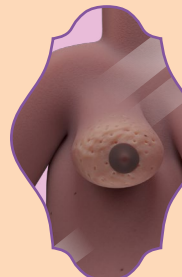
Nipple crust



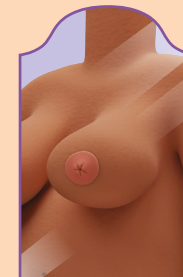
Dimple



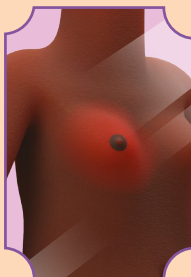
Hard lump



Orange peel skin



Sunken nipple



Redness or heat



Experiences

“Often you only hear about the well-known lump in the breast as a sign of breast cancer.

Not everyone knows that there are 11 other symptoms, and this is incredibly important. Every day, about nine people die as a result of breast cancer in the Netherlands.

That is an unbelievably high figure, and it can and must be reduced. This starts with awareness: KNOW YOUR BREASTS, know what symptoms to look out for, and do not wait if you notice something,” says BCF ambassador Floortje Dessing.



Alexander Monro Hospital is the first specialised hospital for the diagnosis and treatment of breast cancer, benign breast disorders, genetic predisposition, increased risk due to family history, screening, and follow-up processes from the population screening.



Breast Care Foundation

The Breast Care Foundation was set up to raise funds that will benefit patients who have or are at risk of breast cancer or other breast conditions. The foundation supports the importance of centralising this care in specialised centres, such as Alexander Monro Hospital. The Breast Care Foundation has ANBI (non-profit) status.

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