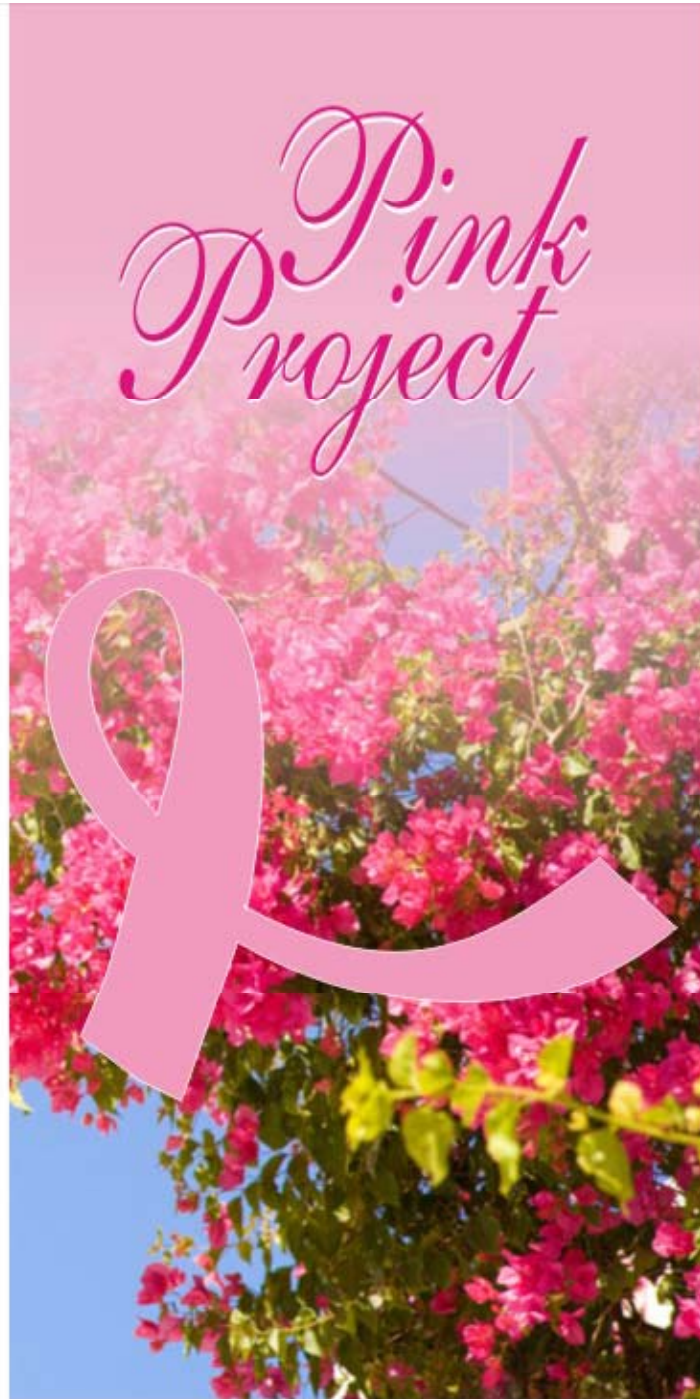


Breast Cancer - Top 10 Facts

- 1. Breast cancer is common**
Breast cancer rates in India are rising and in urban areas it is the most common cancer in women
- 2. Breast cancer kills**
It is a leading cause of death for women
- 3. Every women is at risk**
Some factors increase a women's risk of developing breast cancer. However, two-third of women who get breast cancer have no known risk factors
- 4. Early detection saves life**
When found and treated early, breast cancer is curable in more than 90% of women
- 5. Mammograms can help to detect cancer early**
Death rate from the disease can be reduced by 1/3 if mammogram screening is used
- 6. Breast cancer can recur at any time**
The disease can come back at any time, either in the breast or other areas of the body. The longer you go without recurrence, the higher your chance of staying cancer free
- 7. Eating right and exercising can reduce risk of breast cancer**
Low fat, high fiber diet and regular exercise can reduce the risk of breast cancer.
- 8. Not smoking, not drinking can improve breast health**
- 9. Men can develop breast cancer too**
- 10. Pregnancy and breast cancer can co-exist**
About 3% of women diagnosed with breast cancer are pregnant or breast feeding.



CHANDIGARH BREAST CANCER TRUST
65 Industrial Area, Phase-I, Chandigarh-160002
Ph: 9814032017



Awareness Rocks



Ignorance Shocks

Early detection is the best method for successful treatment. When found and treated early, breast cancer is curable in more than 90% of women

The Chandigarh Breast Cancer Trust was formed on 5th October 2007 by like minded people who came forward for a common cause ...



Trustees

- ✎ **J Saupin**, President, Principal, Saupin's School, Chandigarh
- ✎ **Charanjit Singh**, Vice President. Prop. Bhagwan Singh & Sons, Chandigarh
- ✎ **Kamaljit Walia**, Secretary Financial Consultant, Chandigarh
- ✎ **Anita**, Treasurer, Teacher, Saupin's School, Chandigarh
- ✎ **Dr. Gurpreet Singh**, Professor of Surgery, PGIMER, Chandigarh
- ✎ **Ashok Anand**, Field Executive, Glaxo Smithkline.
- ✎ **Kirti H Singh**, Director, Amtek Energy & Power Pvt. Ltd.



Our Objectives

- ✎ To provide financial assistance to poor patients with breast cancer.
- ✎ To provide emotional support to patients during their treatment for breast cancer.
- ✎ To create awareness about breast cancer in the public.
- ✎ To participate in the education, training and research related to breast cancer.

We invite you to join us in our Mission to support those Touched with Breast cancer

Donation to the trust are exempt from Income Tax under Section 80-G.

Our Activities

During last one year financial help provided to more than **50 patients**.

Breast cancer survivor meeting held on **6th October 2007**.

A group of breast cancer survivors visits the hospital and meets the patients undergoing treatment to share their experiences.

Breast Cancer awareness talks delivered in **Schools, MNC offices, Clubs**.

Poster making competition on **Breast Cancer Awareness**.

