

LOVE DETECT PROTECT

There are many myths about the causes, symptoms & detection of breast cancer that are untrue or unproven.

This **Breast Cancer Awareness Month**, we dispel **5** of the most common breast cancer myths in Lebanon.

1 Myth: A breast cancer diagnosis is a death sentence

Fact: Most women survive Breast Cancer and can live long lives. Plus, new promising treatment breakthroughs are becoming available each day – so there are many reasons to be hopeful about the future.

2 Myth: Big breasts have a higher risk of Breast Cancer

Fact: Breast size has no significant impact on the risk of developing breast cancer

3 Myth: Digital mammography and conventional mammographies show same results

Fact: Digital - mammography is the newer mammography type and superior to conventional film mammography. Digital mammography uses less radiation (~%25), shows clearer images, and hence detects better early cancers. It also performs particularly better in women before menopause & women with dense breasts.

4 Myth: I'm 40, and too young to get breast cancer

Fact: A recent study (AUBMC) shows that 50 % of breast cancer patients in Lebanon are below age 50, compared to 25 % in the U.S.A. and Europe. This figure is alarming, especially that younger women tend to have more aggressive types of cancer. A big reason to do the mammogram starting 40 years old!

5 Myth: In Lebanon, cancer patient support is almost in-existent

Fact: The MOPH has been campaigning regularly and successfully for many years to raise awareness around breast cancer in Lebanon. In addition, several patient support groups have arisen to help support breast cancer patients, among which:

- o Barbara Nassar Foundation
- o Lebanese Breast Cancer Foundation
- o One Wig Stand



BMC
Bellevue medical center
مستشفى ومركز بلفو الطبي



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