

# ALLIANCE LENZ

\* Breast Cancer Awareness Month



## Did You Know?

### Breast Cancer Doesn't Always Mean a Lump

In Canada, 1 in 8 women will face breast cancer in their lifetime. While a lump is often the first thing people notice, it can also show up as swelling, dimpling, redness, nipple pain, or discharge. These changes don't always mean cancer, but it's always safest to get them checked.

### Men Can Get Breast Cancer Too

Breast cancer isn't just a women's disease. Men can get it too, though it is rare with less than 1% of cases in Canada. Signs include a lump near the nipple, discharge, skin changes, or thickening in the chest or armpit. Since men are not usually screened, noticing changes early and seeing a doctor can save lives.

## Check, Know, Act

- **Monthly self-check:** Spend a few minutes each month noticing any changes in your breasts, such as lumps, swelling, or dimpling. ([Learn more ↗](#))
- **Know your normal:** Breasts can naturally change with your period, pregnancy, or age, so pay attention to anything new or unusual.
- **Lower your risk:** Stay active, exercise regularly, maintain a healthy weight, and limit alcohol.
- **See a healthcare professional:** If you notice persistent changes, pain, discharge, or redness, see a healthcare professional.



## ACCE Updates

### We're Rebranding!

Since 2022, Alliance for CancerCare Equity has grown with over 10 volunteers.

Recently, we've refreshed our logo, updated our colours, launched a new website and redesigned this newsletter to better serve our community.

Stay tuned to our socials for more updates!

## Monthly Picks

- [Symptoms of Breast Cancer ↗](#)
- [Breast Cancer Signs and Symptoms ↗](#)
- [Breast Cancer in Men ↗](#)
- [Can I Lower My Risk of Breast Cancer? ↗](#)
- [Breast Self-Exam ↗](#)

