



Celebrating Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about breast cancer.

Cancer is a disease characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast, which can invade surrounding tissues or spread to other areas of the body.

1 in 8 will be diagnosed with breast cancer in her lifetime.



Breast cancer is by far the most common cancer in Qatar

for newly diagnosed cancer cases in 2020 as follow



Rank **5th**

Qatar ranks fifth in terms of breast cancer prevalence in the Arab region.

Risk factors could be genetic or environmental, or in most cases, a combination of both

Female gender (occurs nearly 100 times more often in women than in men).



The advanced age (increases with age above 55 years).



Caucasian ethnicity, obesity, family history and smoking or tobacco use including passive exposure to tobacco

Lifestyle changes for prevention



Stop smoking



Keep your weight within the healthy range



Be physically active (150 min/week of moderate intensity or 75 min/week of vigorous intensity)

Lifestyle changes for prevention

Follow a diet rich in whole grains, legumes, vegetables and fruits



For Mothers: Breastfeed Your Baby, If you can.



Limit the consumption of fast foods, processed foods and sugar-sweetened drinks. Drink water and unsweetened drinks.



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