

Breast Cancer Awareness

"Together for Women's Health in St. Kitts & Nevis"

What is Breast Cancer?

Breast cancer is a disease where abnormal cells in the breast grow out of control, forming a lump or tumor. It is the most common cancer among women worldwide, and it also affects men (rarely, less than 1%).

Key Statistics

Local (St. Kitts & Nevis):

- 25 new cases in 2019, 7 new by mid-year
- Leading cancer among women
- Many detected in Stage II/III
- Ages: 30s–70s

Regional (Caribbean):

- Leading cancer in women
- Often diagnosed at late stages
- Higher mortality vs high-income countries

Global (WHO):

- 2.3M women diagnosed worldwide in 2020
- 670,000 deaths in 2020
- 1 in 8 women will be diagnosed in lifetime

Signs & Symptoms

- A lump in the breast or underarm
- Change in size or shape
- Nipple discharge or inversion
- Skin dimpling, redness, or thickening
- Persistent breast pain

Prevention & Early Detection

- Mammograms from age 40+ (earlier if high risk)
- Monthly self-checks
- Healthy lifestyle (diet, exercise, no smoking)
- Seek care early

Treatment Options

- Surgery (lumpectomy, mastectomy)
- Radiation therapy
- Chemotherapy
- Hormone therapy
- Targeted / immunotherapy

Support & Resources

- Ministry of Health screening programs
- Community health centers
- Survivor support groups

Remember: Early detection saves lives!