

***Understanding Breast Changes! And
Know what Normal is for you!!!**



A. Look at your breast in the mirror for color shape, Size, nipple discharge and dimpling



B. Feel your breasts for Lump and swelling while lying down



C. Feel your breast and lymph nodes while standing in the Shower

Some warning signs of breast cancer to Report to your physician are—

- Lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge such as including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast that does not go away.

For more information, visit our website or call 678-278-9434

www.abcfonline.org email: info@abcfonline.org

OUR MISSION

ALEMTESEHAY BREAST CANCER FOUNDATION (ABCF) IS A NONPROFIT ORGANIZATION DEDICATED TO HELP ETHIOPIAN WOMEN ABROAD AND AT HOME, WHO ARE BURDENED WITH FINANCIAL NEED TO ACCESS SCREENING, DIAGNOSIS, AND TREATMENT FOR BREAST CANCER. ABCF IS ALSO DEVOTED TO GUIDE ETHIOPIAN WOMEN TO OPTIMAL HEALTH THROUGH INCREASED AWARENESS ABOUT BREAST CANCER AND DISEASES ASSOCIATED WITH CANCER.

OUR GOALS:

A. INCREASE AWARENESS AMONG ETHIOPIAN MEN AND WOMEN BY BRINGING FRANK DISCUSSION CONCERNING BREAST CANCER EARLY DETECTION, AND TREATMENT IN PLACES SUCH AS, SOCIAL GATHERINGS, WORKPLACE, CHURCHES, AND HOME.

B. ESTABLISH BREAST CANCER SURVIVOR SUPPORT GROUPS IN VARIOUS ETHIOPIAN COMMUNITIES THROUGHOUT THE U.S. THAT PROVIDE INFORMATION AND ONE-TO-ONE SUPPORT FOR THOSE DIAGNOSED WITH BREAST CANCER AND GOING THROUGH TREATMENT. TO THAT END ABCF WILL ACCOMPLISH THE FOLLOWING;

1. ENCOURAGE ETHIOPIAN WOMEN TO ACCESS AVAILABLE SERVICES FOR BREAST CANCER SCREENING, DIAGNOSIS, AND TREATMENT IN THEIR COMMUNITY;
2. ESTABLISH SUPPORT GROUPS FOR CANCER PATIENTS, SURVIVORS AND THEIR FAMILIES;
3. GUIDE ETHIOPIAN WOMEN TO OPTIMAL HEALTH THROUGH INCREASED AWARENESS ABOUT BREAST CANCER;
4. NETWORK WITH OTHER ORGANIZATIONS IN THE COMMUNITY TO MAKE THEM AWARE ABOUT THE PREVALENCE OF BREAST CANCER AMONG ETHIOPIAN WOMEN AND SEEK HELP TO ALLEVIATE THEIR BURDEN IN OBTAINING SCREENING AND TREATMENT SERVICES;
5. ENCOURAGE AND COLLABORATE WITH BREAST CANCER RESEARCHERS IN THE U.S. TO INCLUDE THE ETHIOPIAN POPULATION IN THEIR SURVEY

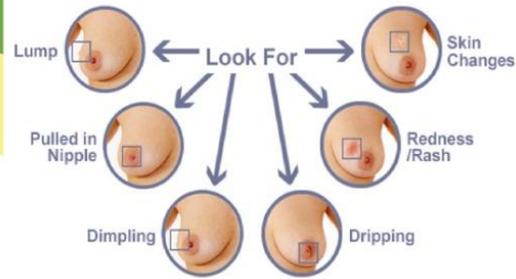
ፋወን ደገጥ የ ማኅተሙን አገልግሎቶች ይሰጣል

1. በአሜሪካ ያሉ ኢትዮጵያውያን እንደ አድሚያቸው የሚደረገውን የጡት ምርመራ በራሳቸውና በሃኪሞች፤ እንዲመረመሩ ማስገንዘብ፤ በሽታውም ይዟቸው በህክምናም ላይ ካሉ የመንፈስም ሆነ የገንዘብ ደጋግ እርዳታ መላገጥ፤
2. በአሜሪካ ለሚገኙ በጡት ካንሰር ለተያዙ ኢትዮጵያውያንና በተሰበቻቸው ደጋፊ ማህበር (support group) ማቋቋም፤
3. በኢትዮጵያ ለሚኖሩ ሴቶች ስለበሽታው ምንነትና ምን ማድረግ እንደሚችሉ፤ ህክምናም ሆነ ጎምህርት ስለበሽታው ሴቶችም ሆነ ወንዶች እንዲያገኙ፤ ከጤና ባለሙያዎች ጋር በተለያዩ ሃኪም ቤቶችና የጤና ጣቢያዎች በመተባበር መሥራት፤
4. በአሜሪካ አገር ካንሰርን ለማጥፋት ለሚረገጠው ድርጅቶች ስለኢትዮጵያውያን ሴቶች ለምርመራም ይሁን ህክምና ለማግኘት ያለባቸውን ችግር አስረድቶ ድጋፍ እንዲሰጡ መጣር፤
5. ስለጡት ካንሰር ጥናት የሚያደርጉትን ተቋማት በአሜሪካ የሚኖሩ በጡት ካንሰር የተያዙ ኢትዮጵያውያን ቁጥር ላይተው እንዲመዘገቡ መገፋፋት፤

BREAST CANCER INFORMATION

who is at risk of breast cancer? (የጡት ካንሰር የሚያሰጋቸው)

1. All women are at risk (ሴቶችን)
2. Risk increased with age (አድሜ እየገፋ መምጣት)
3. Genetics and Family History (በዘርና በቤተሰብ ስለመሙ የደረሰባቸው)
4. Life style (ያርፍር ሁኔታ)
5. Long term use of hormone replacement therapy (የረዥም ጊዜ የሆርሞን መተኪያ ስከምና)



English

Breast Cancer symptoms :

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in the nipple or pain in the nipple area
- Nipple discharge other than breast milk Including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

Amharic

(የጡት ካንሰር ምልክቶች)

- በጡት ላይና በጡት አካባቢ የሚወጣ አባጭ የተወሰነ የጡት ክፍል ማበጥና የጡት ቆዳ መጠንከር
- የጡት ቆዳ ሰርጎድ ማለት
- የጡት ጫፍና አካባቢ መቅለት ወይም ቆዳ መሰነጣጠቅ
- የጡት ጫፍ አካባቢ ህመም

በጡት ጫፍ ላይ ፈላሽ መታየት ከወተት ሌላ ደምን ጨምሮ

ማንኛውም የጡት መጠን ወይም ቅርጽ ለውጥ በማንኛውም የጡት አካባቢ የህመም ስሜት

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