

BREAST SELF-EXAMINATION PROGRAMME



BREAST CANCER IS THE MOST FREQUENT TYPE OF MALIGNANT TUMOUR IN WOMEN IN THE CZECH REPUBLIC. LEAVE NOTHING TO CHANCE AND VISIT YOUR DOCTOR FOR REGULAR PREVENTIVE EXAMINATIONS AND LEARN HOW TO SELF-EXAMINE YOUR BREAST.

YOUR LIVE IS IN YOUR HANDS

PUT YOUR HEALTH IN OURS

The cancer - or carcinoma - of breast poses today one of the most serious epidemiological problems of the Czech Republic. Each year there are more than 5 500 new cases of this disease diagnosed in our country. While the disease occurrence in our republic does not rank among the highest when compared to other economically advanced states, the mortality is high and shows a continually rising tendency. The main cause of this situation is the fact that a high percentage (40%) of women afflicted with the breast carcinoma comes to see a doctor only in an advanced stage of the disease, when their chances of being cured are substantially lower.



Within our half-hour programme, our specially trained midwife will

teach you, with the aid of a unique educational model, how to properly proceed with the breast self-examination. This model is a true replica of woman's breast with pathological changes. It was made in such a way to both look real to the eye and feel real to the touch, it includes lumps, metastases of lymph nodes and breast and skin changes, so that it can really help you to recognize the problem.

TAKE CARE OF YOUR HEALTH, LEAVE NOTHING TO CHANCE, VISIT YOUR DOCTOR FOR REGULAR MAMMOLOGIC PREVENTIVE CHECK-UPS AND LEARN HOW TO PERFORM A BREAST SELF-EXAM.

WITHIN THE COURSE OF THIS PROGRAMME YOU WILL BE ALSO ACQUAINTED WITH:

- THE BASIC ANATOMY OF BREAST
- TYPES OF MALIGNANT TUMOURS AND SYMPTOMS OF BREAST CARCINOMA
- RISK FACTORS FOR THE DEVELOPMENT OF BREAST CARCINOMA
- EXAMINATION METHODS AND POSSIBLE WAYS OF TREATMENT

DURING YOUR EXAMINATION YOU WILL ALSO RECEIVE A BOOKLET WITH USEFUL INSTRUCTIONS HOW TO PROCEED WITH THE BREAST SELF-EXAM.

PRICE: CZK 490

The next step in the prevention and early detection of breast cancer is the sonographic examination (or ultrasound) of breast which you can – newly - go through directly in the Santé clinic within the Mammology consulting programme.



For more detailed information please ask your attending physician, Santé reception desk or SANTÉ HOTLINE ☎1212. The SANTÉ HOTLINE nurses are prepared to answer all your questions and to schedule your appointment with the doctor for a particular date, according to your time