

1/91 Bridge Street,
Ahuriri
Ph. (06) 835 7948
Fax. (06) 835 7930
ahuriri.pharmacy@hdl.net.nz
www.ahuriripharmacy.co.nz



Breast Cancer Awareness

October is Breast Cancer Awareness month. More than 2,500 kiwi women are diagnosed with breast cancer each year, that's nearly seven women a day, every day of the year, so no doubt you know someone who's been affected by the disease.

The New Zealand Breast Cancer Foundation (NZBCF) is a non-government funded trust that is working to improve outcomes and quality of life for people affected by breast cancer.

This year, they have committed \$1.25 million to fund community-based rehabilitation and support projects designed to help women deal with the physical and psychological effects of a breast cancer diagnosis and treatment. This includes an education programme and funding of research, scholarships and medical grants.

Your support of the Pink Ribbon Appeal will ensure the initiatives put in place by the NZBCF can expand and benefit more New Zealanders. Each year more and more people put on their tiaras and angel wings, don pink hats or wigs and head out on to the streets selling pink ribbons and having a great time while they're at it. This year the NZBCF is on a mission to recruit more than 6000 volunteers to join the Pink Army.

Remember - early detection is the key to survival. In the early stages of breast cancer, there is usually no pain and there may be no symptoms at all. As the cancer grows, the following symptoms could appear:

- A persistent lump or thickening in the breast or armpit area
- Changes in the colour or skin of the breast, areola or nipple
- Blood or discharge from the nipple

A change in the size or shape of the breast.

Women should consult their doctor if they notice any of these changes. Nine out of ten breast lumps and changes are found to be harmless. And even cancer is detected, if it's less than 1cm in size there's a 90% chance of being alive ten years later. As well as breast self examination, women should be examined by their doctor each year, and from 40 years of age should have an annual mammogram.

General good health can make a difference too. Help prevent breast cancer by being physically active, maintaining a healthy weight, eating a healthy low-fat diet and limiting alcohol. Eating foods high in antioxidants may help to boost the immune system and help fight cancer cells. All fresh and raw fruits and vegetables are high in antioxidants, with red grapes and berries being rich sources. Particularly, apples and avocados may help fight breast cancer.

To join the Pink Army as a collector – tiaras and wings or not - please phone 0508 105 105 or register online at www.nzbcf.org.nz.