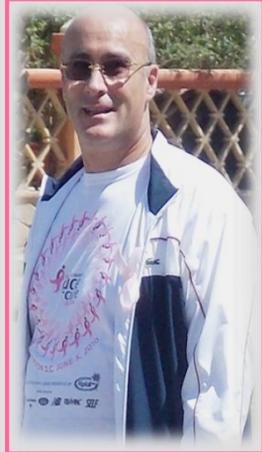


Merry Christmas
& Happy New Year

Thank you to all of our donors and sponsors who supported each of our fundraising initiatives. We appreciate your much needed support and generosity! During 2013, we continued to raise awareness, educate, support patients, and raise funds for our programs and services. We had 43,583 women screened, offered 8,422 mammograms and ultrasounds. We also offered diagnosis, treatment and rehabilitation services for 6,871 patients. We believe that with your help and support we can make a positive difference in the lives of many, create healthier and stronger communities, and save lives!

Dr. Mohamed Shaalan
BCFE Chairman



Life Style

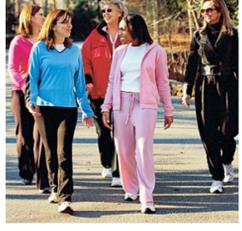
Unhealthy diets are one of the major risk factors for breast cancer. BCFE recommends adding olive oil to your food as it contains antioxidants. Source: WHO website—<http://goo.gl/wZ0xX>



Obesity exposes women to the risk of breast cancer. Avoid consuming a lot of sugar in your food and drinks. The recommended daily amount is about 6 tsp. (25 grams). Source: <http://goo.gl/tAwDJ>



Walking is considered one of the easiest forms of exercise, so try to walk for at least half an hour a day. Studies have shown that exercise can reduce the risk of breast cancer.



Eat lots of vegetables, such as cabbage, cauliflower and broccoli, as they may help in reducing the risk of breast cancer. Source: <http://goo.gl/XJLhK>



"I want to defeat the silence and ignorance that surrounds breast cancer in Egypt. That's why I decided to help other women get information so they can detect it early."

Mrs. Mona Kamel – a breast cancer survivor

Qigong with Samira Etribi & Dina Wanas

Qigong (*pronounced Chi Gong*) is an exercise which uses slow graceful movements with controlled breathing to promote the circulation of *qi* or energy in the body. Two hundred million people around the world practice Qigong and often by the elderly in China. A recently published research in the *Annals of Oncology* indicated that Qigong improves the overall quality of life of people with cancer, reducing fatigue, stress and improving mood. *Contact BCFE to register*



ask the doctor

Q What are the signs and symptoms of breast cancer?

A The most common symptom is a lump in the breast. However, other signs may occur such as a change in the size or shape of the breast, an ulcer on the skin, nipple discharge, or turning-in of the nipple (inversion). Another possible symptom is a rash on the nipple or surrounding area.

Q How is breast cancer diagnosed?

A Your doctor will do a physical examination of the affected breast. Tests will be needed to confirm the diagnosis, and to find out whether the cancer has spread. You may have some or all of the tests described below.

Clinical Breast Examination this is normally the first step. A qualified oncology surgeon should be able to feel the changes and refer you for the following procedures.

Mammogram (breast x-ray) Mammograms may be used to look for changes in the breast, but ultrasound is generally more helpful for diagnosing breast cancer in men.

Ultrasound scan A scan using sound waves is used to see whether a lump is solid or contains fluid. A small amount of clear gel is applied to the breast area. Then a small microphone-like device is rubbed over the area to show a picture of the breast on a monitor screen.

Needle biopsy A small sample of tissue is taken from the breast with a needle and examined under a microscope to check for cancer cells. An injection of local anesthetic is given to numb the area before the biopsy is taken.

Blood tests These are done to check your general health before any operation.

Private-sector Community Partnerships



The Breast Cancer Foundation of Egypt (BCFE) has started a new partnership with Alex Bank to provide an awareness and early detection program to its female employees. The program will be carried out through awareness lectures, clinical examinations and mammograms provided for nearly 900 female employees.

The partnership agreement was signed by Dr. Mohamed Shaalan, BCFE Chairman, and Mr. Roberto Vercelli, Alex Bank CEO. The opening was also attended by Dr. Norran Said, BCFE Executive Director, and Alex Bank employees.

The attendees showed their interest in the information provided about breast cancer during the lecture held later in the day. The lecture dealt with early detection methods, and self-examination. The attendees received clinical examinations and mammograms for those above forty.

RECENT FINDINGS

New Driver of Breast Cancer Discovered

A team of researchers at UT Southwestern has found that as [cholesterol](#) is metabolized, a potent stimulant of [breast cancer](#) is created - one that fuels estrogen-receptor positive breast cancers, and that may also defeat a common treatment strategy for those [cancers](#). [Read more](#)

Give a Gift to Find a Cure and Help Others Win Their Fight

Your Donation helps women with breast cancer

Donate to our CIB Bank account 6666(EGP)
or 2590300493(USD).

