Breast & Cervical Cancer



Breast Cancer

Breast cancer is the most common cancer in women worldwide. In 2024, an estimated 2.4 million women were diagnosed globally. Early diagnosis and timely treatment improve outcomes. Breast cancers can often occur in people without a known family history or another specific risk factor.

Warning signs of breast cancer to watch for:

- A new lump or thickening in the breast or underarm, especially if it is persistent or painless
- A change in breast size, shape or appearance
- Skin changes such as dimpling, redness, pitting, thickening or a rash
- A change in the nipple, including new inversion
- Unusual nipple discharge, particularly bloody discharge
- Persistent, localized breast pain or another change that is unusual for you

Most breast lumps are not caused by cancer but still need medical assessment. Recommendations regarding breast cancer screenings differ by country and health system, but most regions begin breast cancer screening between the ages of 40 and 55. Many guidelines recommend routine mammography for women in midlife and older age groups. Talk with your healthcare provider about your local guidelines and earlier assessment if you have increased risk.

Cervical Cancer

Constant infection with high-risk types of human papillomavirus (HPV) causes almost all cervical cancer cases. HPV vaccination and regular screening can prevent many cases by identifying HPV infection or precancerous changes before cancer develops.

Warning signs of cervical cancer to watch for:

- Unusual vaginal bleeding, including bleeding after sex, between periods or after menopause
- Unusual or persistent vaginal discharge
- Pelvic pain or pain during sex

Routine screening is important because cervical cancer can often show no symptoms. Recommendations regarding cervical cancer screenings differ by country and health system. The World Health Organization (WHO) recommends cervical screening starting at the age of 30 for the general population, then repeated every 5-10 years.

Do not wait for a breast or cervical cancer screening appointment. If you notice a new or unusual change, see your doctor. Want more information on breast cancer? If you have a Magna email address, watch Dr. Stokes' presentation on breast cancer screening and prevention **HERE**!