

Key Messages for Social Media & Media Promotions on Breast Cancer Awareness



1. Every day in Sri Lanka, 15 women are diagnosed with breast cancer, and 3 women lose their lives. Early detection can save lives. Empower the women in your life by encouraging them to perform regular self-breast exams.

#TLCProgram #BreastCancerAwareness #SelfExamination

2. As a husband, father, brother, or friend, it's your responsibility to support the women in your life. Remind them to take charge of their health with regular self-breast examinations. Early detection is the key to survival.

#MenSupportingWomen #BreastCancerAwareness #TakeCharge

3. 15 women are diagnosed with breast cancer every day in Sri Lanka, but with early detection, many lives can be saved. Remind your wife, daughter, sister, or friend to perform their self-breast exam today.

#SelfExaminationSavesLives #BreastCancerAwareness #TLCProgram

4. Real men care about the health of the women they love. Remind your loved ones to stay vigilant with monthly self-breast exams. Every day in Sri Lanka, 3 women die from breast cancer—let's change that through early detection.

#RealMenCare #BreastCancerAwareness #HealthMatters

5. You have the power to make a difference. Whether it's your mother, wife, daughter, or friend—encourage the women in your life to prioritize their breast health with regular self-exams. Don't wait until it's too late!"

#MenSupportingWomen #SelfExamination #FightBreastCancer

6. Breast cancer impacts families. Be proactive—support the women you care about by encouraging them to take charge of their health with regular self-breast exams. Together, we can reduce the number of diagnoses."

#BreastHealthMatters #TLCProgram #SupportBreastCancerAwareness

7. In Sri Lanka, 3 women die from breast cancer every day. Your reminder to the women you love to perform regular self-breast exams could save their life. Let's make early detection a priority.

#EarlyDetectionSavesLives #BreastCancerAwareness #TLCForAll

8. Men, you play a crucial role in the fight against breast cancer. Support the women in your life by encouraging regular self-exams. With 15 diagnoses and 3 deaths daily in Sri Lanka, every reminder counts.

#MenSupportingWomen #BreastCancerAwareness #TakeActionNow

9. Let's change the statistics. With 15 new breast cancer cases diagnosed daily in Sri Lanka, your encouragement can help protect the women you love. Spread the word—early detection saves lives.

#TakeCharge #BreastCancerAwareness #TLCProgram

10. Breast cancer is more than just a woman's issue—it affects families. Every day, 3 women lose their lives in Sri Lanka to breast cancer. Men, encourage the women in your life to perform self-breast exams and seek early detection.

#BreastHealthForAll #EarlyDetectionSavesLives #TLCProgram

11. Breast cancer doesn't wait. In Sri Lanka, 15 women are diagnosed with breast cancer every day. Help us reduce this number by encouraging regular self-breast exams and spreading awareness in your workplace.

#SriLankaFightsCancer #SelfExamination #BreastCancerAwareness

12. Every Pink Wednesday, remind the women you care about to perform their self-exams. It's a small step that can make a big difference. In Sri Lanka, 3 women die every day from breast cancer—help us reduce that number through awareness and early detection.

#PinkWednesday #BreastCancerAwareness #EarlyDetection

13. Breast cancer awareness starts with you. Learn to take care of your health through self-breast exams and spread the word in your workplace. Together, we can make a difference.

#SelfCare #BreastCancerAwareness #TLCForHealth

14. 1 in 8 women will be diagnosed with breast cancer in their lifetime. Early detection through self-examination can lead to a complete cure. Don't wait—take action today.

#BreastCancerAwareness #EarlyDetectionSavesLives #SelfExaminationMatters

16. Breast cancer is not just a health issue, it's a family issue. Men, help protect the women in your life—remind them to perform regular self-breast exams. Together, we can fight this.

#BreastHealthForAll #MenSupportingWomen #FamilyMatters

17. Breast cancer doesn't discriminate. It can affect anyone, regardless of age or background. Performing regular self-exams and encouraging loved ones to do the same can make all the difference.

#EarlyDetectionSavesLives #BreastCancerAwareness #SelfCareIsKey

18. In Sri Lanka, breast cancer is the most common cancer among women. Join the fight today by promoting self-examinations and creating awareness in your community. Every action counts.

#BreastCancerAwareness #SriLankaFightsCancer #CommunityMatters

19. It takes just a few minutes every month to perform a self-breast exam, but it could save your life. Don't wait for October to take action—early detection is important every day.

#BreastCancerAwareness #EarlyDetectionEveryday #TLCForHealth_

20. Breast cancer is treatable when detected early. Don't ignore the signs—perform self-examinations regularly, and encourage your loved ones to do the same.

#SelfExaminationSavesLives #BreastCancerAwareness #TLCProgram_

These messages combine emotional appeal, statistical data, and practical calls to action, aiming to resonate with both men and women while emphasizing the importance of early detection through self-exams. They are tailored for social media campaigns and organizational awareness efforts, inspiring people to take action in the fight against breast cancer in Sri Lanka.



Early Detection Saves Lives: Your Simple Guide to Breast Self-Examination (TLC)



- 1. If breast cancer is detected early, it can be cured completely. Early detection gives you the best chance for a full recovery.**
- 2. Starting at age 20, every woman should perform a breast self-exam once a month, on a fixed date.**
- 3. Do your self-exam one week after your period starts. If you no longer menstruate, choose a specific day each month and stick to it.**
- 4. You can perform your breast self-exam in any position—lying down, sitting, standing, or even in the shower. What matters is doing it regularly.**
- 5. If you find anything unusual during your self-exam, seek medical attention immediately. Acting fast can save lives.**
- 6. There are plenty of online resources available to help you learn proper breast self-examination techniques. Use your phone or any reminder tool to set a fixed date each month for your self-exam—consistency is key.-**

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Breast Cancer Awareness Images



Skin texture



Rash or crusting



Nipple discharge



Appearance or direction of the nipple



Lump (may not be seen, but might be felt)



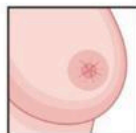
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INDIRA CANCER TRUST

ஓன்ஃரூ பீலீகூ ஃரூஸ்
இந்திரா புற்றுநோய் அறக்கட்டளை

TLC

**TOUCH
LOOK
CHECK**

Indira Cancer Trust



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