

Visit thinkpink.ph to learn more

THINK PINK

Breast Care Guide

Breast care doesn't have to be complicated.
Think **PINK** and make it an essential part of your self-care.



P: Perform Regular Self-Checks

Know what's normal for you. Check your breasts every month for lumps, changes in shape, or anything unusual. The best time is 7-10 days after your period starts when your breasts are least tender.¹



I: Incorporate Nutritious Foods

You are what you eat, and your breasts love a balanced diet! Load up on nutrient-rich foods like malunggay, papaya and squash.²



N: Nurture an Active Lifestyle

Stay active—aim for 30 minutes of movement most days. A well-fitted bra prevents strain on breast tissue and keeps you properly supported for any activity!³



K: Keep Calm and Get Rest

Studies show that chronic stress, shortened sleep duration and sleep disruption could potentially increase breast cancer risk.⁴ Aim for 7-9 hours of quality sleep each night.

References:

1. National Breast Cancer Foundation. (2024, January 17). How often should I do a breast self-exam (BSE)? National Breast Cancer Foundation. Retrieved from <https://www.nationalbreastcancer.org/breast-cancer-faqs/how-often-should-i-do-a-breast-self-exam-bse/>
2. Carreon, M. M. (2022, February 14). 10 Filipino foods to strengthen your immunity. Hello Doctor. Retrieved from <https://hellodoctor.com.ph/healthy-eating/filipino-food-boost-immunity/>
3. Renwick, N. (2023, August 25). Wearing a well-fitting sports bra can improve your performance – an expert advises how to find one. University of Portsmouth. Retrieved from <https://www.port.ac.uk/news-events-and-blogs/blogs/improving-health-and-wellbeing/wearing-a-well-fitting-sports-bra-can-improve-your-performance-an-expert-advises-how-to-find-one>
4. Samuelsson, L. B., Bovbjerg, D. H., Roeklein, K. A., & Hall, M. H. (2018). Sleep and circadian disruption and incident breast cancer risk: An evidence-based and theoretical review. *Neuroscience & Biobehavioral Reviews*, 84, 35–48. <https://doi.org/10.1016/j.neubiorev.2017.10.011>

FA-11532742-OCT2025-OCT2027



Novartis Healthcare Philippines, Inc.

5/F Ayala North Exchange Building Tower One,
Ayala Ave. cor. Salcedo & Amorsolo Street
San Lorenzo, Makati City 1123 Philippines

This is a non-promotional material and is supported by Novartis. The content is intended for medical educational purposes only. Novartis does not engage in the promotion of unregistered products or unapproved indications. Please consult local Prescribing Information for registration/product license details

No personal or sensitive personal information given by reason of this material shall be collected, used, processed, or disclosed to any party. Your treating physician or healthcare professional is the best placed person to give you accurate and personalized advice. Therefore, we advise you to remain in contact with your treating physician or healthcare professional.