

## Breast cancer mortality rate rising in China

By Cai Wenjun (Shanghai Daily)

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BREAST cancer is the most common and deadly cancer among Chinese women and its mortality rate has kept rising in mainland cities in recent years, a doctor said at an Estee Lauder Pink Ribbon breast cancer awareness event.

Dr Shao Zhimin from Shanghai Tumor Hospital said a healthy lifestyle and regular medical checkup are the key to preventing breast cancer which is a preventable and curable disease before it reaches the terminal stage.

Women are exposed to the risk of breast cancer after they are 20 years old and they should take an annual examination after turning 40 years old, Shao said.

He said low-fat diet, adequate exercise and avoiding alcohol and smoking can reduce the chance of breast cancer. The newly developed gene chip technology can make breast cancer diagnosis more accurate.