

Because You Are A Woman...

...You need to know certain facts about breast cancer.

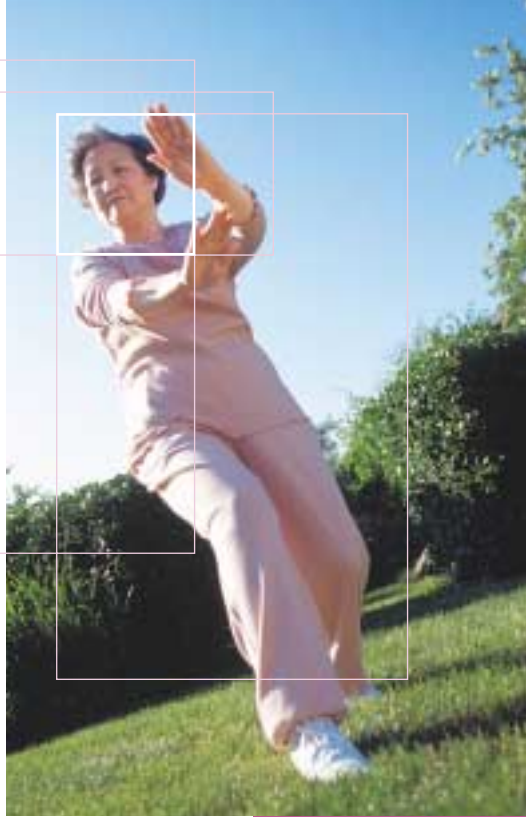
First, *all women are at risk* for breast cancer. Breast cancer now causes more deaths among women than any other cancer except lung cancer.

You also need to know that many breast cancers may be treated successfully. But the chances for success in treatment are highest when cancers are found early.

Keep In Mind...

...That these risk factors put you at a higher risk for having breast cancer:

- 1. Being a woman (breast cancer occurs in men too, but it is very rare)**
- 2. Age: Over age 50**
- 3. Personal history of breast cancer**
- 4. History of breast cancer in your close family (mother, sister): but most cases occur in women without a family history**



Your Best Defense...

...Is to find breast cancer early. And when breast cancer is found in its earliest stages the chance for successful treatment is greatest.



If You Are 40 or Over:

1. Have a mammogram every year.
2. Have a breast exam by your doctor or health care provider every year.
3. Examine your breasts monthly.

If You Are 20-39 Years Old, The American Cancer Society Recommends That You:

1. Have a breast exam by your doctor or health care provider every three years.
2. Examine your breasts monthly.

1.800.ACS.2345
www.cancer.org

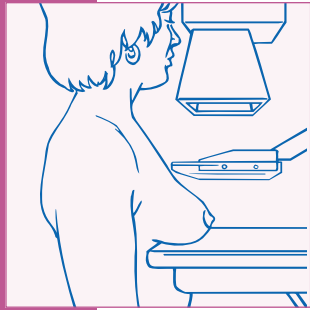
Hope.Progress.Answers.



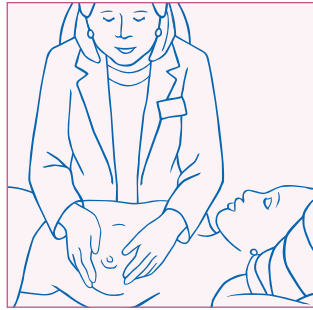
ABCs of Breast Health

A Personal Plan of Action

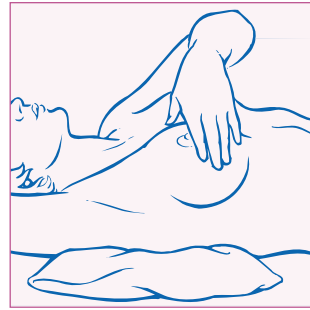




Mammogram



Clinical Breast Exam



Breast Self-Exam

The Most Important Part of Your Action Plan...

...Is having regular **mammograms**. These simple breast x-rays are quick, easy, and safe. In fact, mammograms use less radiation than a dentist's x-ray.

And a mammogram can give you a big head start on treatment. You and your doctor may not feel a lump until it is the size of a pea. But a mammogram can find cancers when they are very small, often several years before a lump or change can be felt.

The American Cancer Society advises you to have yearly mammograms beginning at age 40.

As you grow older, your chances of having breast cancer will increase. Almost half of all breast cancer occurs in women 65 and older; more than three-quarters of them occur in women 50 and older. For guidelines on getting an accurate, high-quality mammogram, call this toll-free number: 1-800-ACS-2345.

You'll Need...

...To see your health care provider for a **clinical breast exam**. All women over age 20 should have a clinical breast exam once every three years. After the age of 40, have your breasts examined every year.

What Makes A Good CBE?

Every clinical breast exam should include:

Positioning - looking at your breasts while you are sitting and lying down,

with your arms by your sides and then above your head

Perimeter - examining the entire breast, up to the neck, out into the armpit, in toward the sternum and below to the rib cage

Pattern - systematically examining the breast in a vertical strip, circular, or wedge pattern

Palpation - feeling the breast using a circular motion with the finger pads

Pressure - using different levels of pressure (light, medium, and firm)

Planning - discussing your breast health plan, and showing you the proper way to examine your own breasts.

A thorough clinical breast exam can take up to 10 minutes. Talk to your doctor if you feel that your exam was incomplete or rushed.

The Third Part of Your Plan...

...Will be regular, thorough **breast self-exams**. Starting at the age of 20, all women should check their breasts for lumps, thickness, or other changes every month. By examining your breasts on a regular basis, you will know how your breasts normally feel. If a change should occur in your breasts, you will be able to identify it quickly, and call it to the attention of your doctor.

You should ask your health care provider to show you how to do the

exam correctly. As a reminder, you should check each breast all over and include the armpit. Use your finger pads and move them in an up and down, circular or an in-and-out wedge motion to feel your breasts. You should also look at your breasts in a mirror. Check for any changes in how your breasts look or for dimpling of the skin.

Plan to examine your breasts at the same time every month. It won't take long. And you'll know you've done your part until your next doctor's exam and mammogram.

If you think you have found a lump or change, see your doctor. Most breast lumps are not cancer, but you won't know if you don't ask.

Your Chances Are Excellent...

...If you begin your action plan now. We don't know how to prevent breast cancer. **But we do know how to find it early, when the chance for successful treatment is greatest.**

Put your plan into action right away. Then you can spend your life enjoying your health.

