

## Breast Cancer

### What is breast cancer?

Breast cancer is a harmful growth of cells that develops in breast tissue.

### Who is at risk for breast cancer?

All women, especially those 50 years of age or older, are at risk.

### What can I do to fight breast cancer?

Get checked regularly! The three main ways to check the breasts are:

- 1 Mammogram
- 2 Clinical Breast Exam (CBE)
- 3 Breast Self Exam (BSE)

## Mammogram

### What is a mammogram?

Mammograms detect breast cancer with an x-ray of just the breast. It only takes a few minutes, and can find tumors years before they can be felt. A mammogram does not cause cancer. The amount of radiation used is very low; it is less than a dental x-ray.

✓ *Women age 40 or older should have regular, yearly mammograms.*

### Why should I have a mammogram?

Mammograms save lives by finding lumps very early when they may be too small for you or your doctor to feel.



## Clinical Breast Exam (CBE)

### What is a CBE?

A CBE is done by a trained medical professional who checks your breast and its surrounding area by hand and by sight, looking for anything that is abnormal.

✓ *Women age 20 to 29 should have a CBE at least every 3 years.*

✓ *Women age 30 and older should have a CBE every year.*

### Where can I get a CBE?

Your doctor or nurse practitioner can usually perform a CBE.

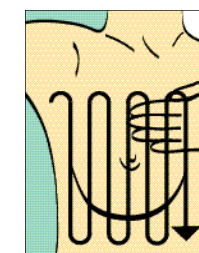
A mammogram, CBE, and BSE combined are the best ways to have your breasts screened.



## Breast Self Exam (BSE)

### What is a BSE?

Like a CBE, a BSE includes both looking and feeling over the entire breast and chest area.



✓ *Most breast lumps are found by women themselves, but remember, most lumps in the breast are not cancer. See a doctor to be sure!*

### Why you should examine your breasts monthly:

If breast cancer is found early and treated right away, your chances for a long and healthy life are very good. So, it is very important to do a BSE every month.

## Screening Methods: Summary

### 1 Mammogram

A mammogram detects cancer with an x-ray of just the breast. It can find tumors years before they can be felt.

### 2 Clinical Breast Exam (CBE)

Your doctor or nurse will examine your breasts by feeling and by looking. They look for anything which is abnormal.

### 3 Breast Self-Exam (BSE)

BSE helps you learn more about your breasts and how they normally feel. You do it yourself every month. It is important to also have a regular mammogram and CBE.

*For more detailed information about doing these examinations correctly, contact your local health advocates today.*

## What should I do today?

Call your doctor, clinic or local health advocates today about a referral!

They can set an appointment for you and provide complete information about proper breast health.



*Life is Precious*

*For more information, please contact:*



Or call the American Cancer Society  
toll-free at 1(800) 227-2345,  
or the National Cancer Institute at  
1(800) 4 CANCEER (226237)

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