

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.



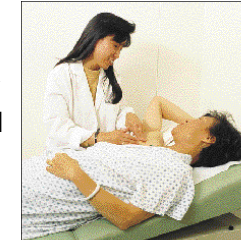
Clinical Breast Exam (CBE)

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?

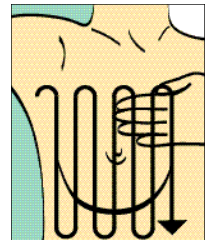
Your doctor or nurse practitioner can usually perform a CBE.

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.