



BREAST CANCER SCREENING MARCH 16, 2017

What is breast cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Breast cancer is the most commonly diagnosed cancer in women and the second leading cause of cancer death among women.

WHAT CAN YOU DO?



Perform Monthly Breast Self-Exams

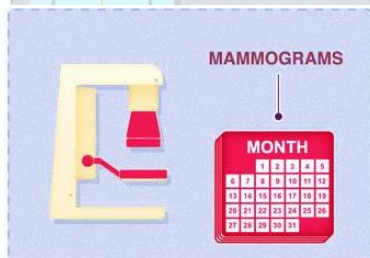
If assistance is required, a close friend or care worker can help you or perform the exam for you. Look for:

- Nipple tenderness
- Change in skin texture or enlarged pores
- A lump in the breast.



Schedule Clinical Breast Exams

Clinical breast exams can be performed annually by your primary care physician or a gynecologist.



Schedule Mammograms

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas.

Mammograms should be performed:

- Annually for women starting at age 40
- Every other year for women over age 55



Maintain Healthy Habits

Leading a healthy lifestyle can help you reduce your risk factors for breast cancer and other illnesses. Health habits include:

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption



Source: National Breast Cancer Foundation

<http://www.nationalbreastcancer.org/>.