

## **Breast Cancer Awareness**

- 211,000 women diagnosed this year, 43,000 will die
- 1 in 7 women are diagnosed in their lifetime
- Breast Cancer is the cause of death for 1 in 15 women
- 1600 men will be diagnosed with breast cancer this year
- If detected early, five year survival rate is 95%

### **Prevention is the Key**

- Self breast examination started at age 21  
Check after onset on menstrual cycle  
Check same time each month if post menopausal  
Check for symmetry of breasts if lumpy  
Document size and location, notify doctor
- Baseline mammogram at age 35-39
- Annual mammograms started at age 40
- Exercise, low fat diet and vitamin D appear to lower the risk of breast cancer according to the Center for Science in the Public Interest.

**To Get a free or  
low-cost mammogram and Pap test  
call 1-888-842-6355**

*I Peter 5:7 "Cast all your  
anxieties on him, for he cares about you."*

Provided by Community of Christ Health Ministries Association  
Kelly Thomas, B.A., RT (R) (M),  
Info. from National Breast Cancer Foundation, American Cancer Society

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## Where to Have a Mammogram

- Choose a facility that specializes in mammography.
- Facility equipment should be FDA and ACR accredited. These meet the Mammography Quality Standards Act.
- If you change facilities, request previous mammograms be sent to the new facility for comparisons.
- Keep a list of all facilities where you have been tested as well as a list of breast surgeries and treatments you have had.
- Ultrasound can determine if lump is solid or fluid-filled.

## Mammogram Considerations

- Do not wear deodorant, creams or powders
- Avoid caffeine and increase Vitamin E to decrease breast tenderness.
- Tylenol may be taken prior to exam.
- If you have sensitive breast tissue, schedule test after onset of menstrual cycle.
- Mammogram testing includes 2 views of each breast.
- Compression should be snug but not painful.
- Compression is necessary to separate the tissues and requires less radiation.

Breast cancer is not preventable but if detected early, it can be cured! Take a friend, plan a lunch date and have a mammogram. You may just save a life and it might be your own.

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