

BREAST CANCER AWARENESS

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BREAST SELF-AWARENESS

Self-awareness can help you become familiar with how your breasts normally look and feel. Knowing this will help you identify any changes in your breasts that should be reported to your healthcare professional promptly.

Changes to look for include:

- A lump or thickening in or near the breast or in the underarm area
- A change in the size or shape of the breast
- Dimpling or puckering in the skin of the breast
- A nipple turned inwardly into the breast
- Discharge from the nipple
- Scaly, red or swollen skin on the breast, nipple or areola

Scheduling breast cancer exams

It is important for you to schedule regular exams. Below are general guidelines for breast cancer early detection methods. You should always consult with your doctor to create a screening schedule that is most appropriate for you.

Exam	Age	Frequency
Breast self-awareness	18+	Regularly/ monthly
Well-woman exam	21+	Yearly
Mammogram	40+	Yearly

WELL-WOMAN EXAM

It is recommended that women visit their family physician or gynecologist each year for a well-woman exam. In addition to a routine pelvic exam and Pap smear, the doctor may perform a brief breast exam to check for abnormalities.

This exam is a great opportunity for you to discuss with your healthcare provider any questions or concerns you have regarding your breast health.

MAMMOGRAM

In its early stages, breast cancer doesn't usually cause symptoms. The National Breast Cancer Foundation recommends that women ages 40 and older get a mammogram every year. A mammogram is an X-ray of the breast. It can detect cancerous tumors and other abnormal breast conditions, and women who have screening mammograms have a lower chance of dying from breast cancer than women who do not have screening mammograms.

DID YOU KNOW?

- Breast cancer affects 1 in 8 women in the United States every year.
- Breast cancer is the most common cancer in American women, except for skin cancers.
- The five-year relative survival rate for cancer diagnosed at the localized stage is 99%.
- Approximately 15% of women diagnosed have a family history of breast cancer. Those with a first-degree relative with breast cancer are nearly twice as likely to develop it themselves.
- Women aren't the only ones who get breast cancer — so do men. Although, the lifetime risk of a man in the United States developing breast cancer is about 1 in 833.

