

-INTRODUCTION-

Breast cancer is one of the leading causes of death for women. If it is not detected early enough, breast cancer is often fatal. For that reason, breast examinations are of extreme importance to all women. It is very important to begin self breast exams at an early age because even though the incidence of breast cancer is extremely low in younger women, it does occur.

Both your gynecologist and your general health practitioner should perform regular breast exams on you. It is even more important that you perform them regularly on yourself. It is important to be able to tell the difference between what is normal breast tissue for you and what is not. Abnormal clumps or lumps of tissue are symptoms of problems. They need to be detected early and dealt with.

You should practice monthly self breast exams. When seeking a clinical breast exam be sure to show the practitioner how you examine your own breasts. That person can tell you if you are examining your breasts correctly. Get mammograms regularly as described on the next page. There are free/low cost services available in New York.

For Free or Low Cost
Mammography Center Near You
Call 1-800-4-CANCER

BREAST CANCER WARNING SIGNS

- Changes in the size and shape of the breast
- Discharge or bleeding from the nipples
- Dimpling or puckering of the breast
- Lumps in the breast
- Swelling of the breast
- Sores or rash on nipples

RISK FACTORS

- Having your first baby after 30
- Having no children
- Having your period at a young age (before age 12)
- Having a late menopause
- Obesity
- Over age fifty

PREVENTION

- Practice self breast exams monthly (beginning at age 20)
- Clinical breast exam yearly
- Mammogram (x-ray of breast)
- First mammogram (age 35)
- Mammogram every two years (age 40-49)
- Mammogram every year (ages 50 and over)