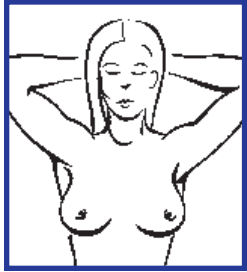


Breast Cancer: Early detection can save your life

How to Perform a Breast Self-Examination

Pick a date during the month to do your breast self-exam. To help you remember, use the same date each month and mark it on your calendar. Try to avoid the time just before, during, and after your period, when your breasts may be tender.



1. Stand in front of a mirror. With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in the skin texture. Gently squeeze both nipples and look for discharge.

2. Still standing, raise the arm near the breast you are examining. Press on your breast with your fingertips, starting at the center and working outward in a clockwise motion. Make a circular motion at each point to feel the tissue. You are feeling for an unusual lump, hardening or thickening in the breast tissue.



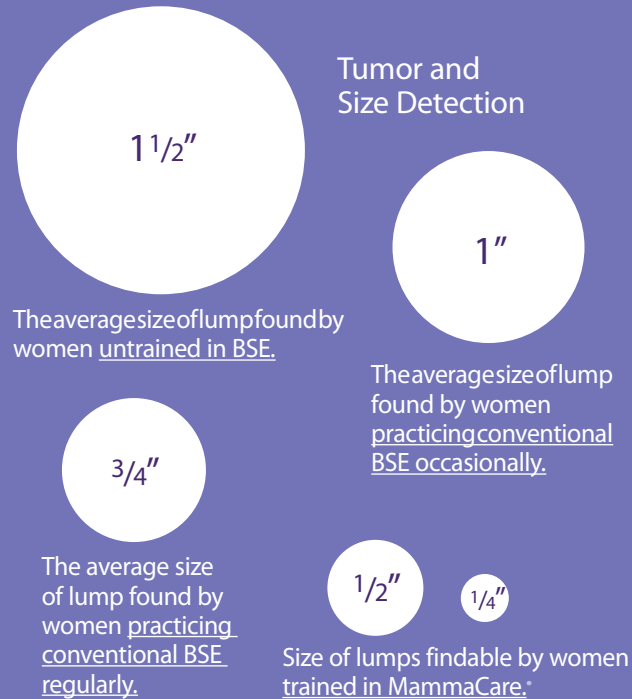
3. While lying down, place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand. Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.

Use the same circular motion to examine the underarm area. This is breast tissue, too.

Expert Instruction

Under the guidance of a medical professional, you will learn the techniques proven to be the most effective in examining yourself. The objectives of the training are:

1. to teach you to distinguish between the feel of varieties of normal breast tissue and that of typical breast tumors.
2. to teach you a technique that ensures finger contact with all depths of your breast tissue, from the surface to the rib cage.
3. to teach you a pattern of palpation that covers the entire area of your breast and leaves nothing to chance. This is the basic MammaCare® Exam.



The average size of lump found by women untrained in BSE.

The average size of lump found by women practicing conventional BSE occasionally.

The average size of lump found by women practicing conventional BSE regularly.

Size of lumps findable by women trained in MammaCare®.



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Early detection is your best defense against breast cancer. It greatly improves your treatment options and your chances for successful treatment. If detected early, breast cancer has a five-year survival rate of over 95 percent!

Who Gets Breast Cancer?

No one knows for sure what causes breast cancer to strike certain people and not others. But risk factors have been identified.

- Having had cancer in one breast;
- A history of breast or ovarian cancer in close family members (mother, sister, aunt, grandmother, on either your mother's or father's side of the family);
- Having a breast biopsy;
- Beginning menstrual periods before age 12;
- Menstruation continuing after age 50;
- Giving birth to your first child after age 30 or never giving birth;
- Long-term estrogen replacement therapy (more than 10 years).

Could You Benefit from Genetic Testing?

- Do you have two or more close relatives who have had breast or ovarian cancer?
- Did these cancers develop at an unusually early age?
- Has a family member been diagnosed with breast cancer before age 50 or with ovarian cancer at any age?
- Has more than one type of cancer been found in the same close relative?
- Has breast or ovarian cancer occurred in more than one generation?

If you answered yes to any of these questions, heredity may be a factor in causing cancer in your family.

Genes have been identified that, if altered, can place a family at increased risk of developing certain cancers, such as breast cancer. Knowing whether or not you carry an altered gene can be very helpful in developing a personal cancer prevention and surveillance plan.

Genetic counseling at The Center for Breast Care will provide you with information on the benefits, risks, and limitations of genetic testing to help you make the decision that is best for you.

Finding Breast Cancer

By following these three simple steps, you will increase your chances of detecting breast cancer early. And early detection saves lives!

- Examine your breasts monthly. Instructions are included in this brochure.
- Have a check-up with a breast exam by a health care professional every three years from age 20-40 and every year after 40.
- Begin mammography screening by age 40. Repeat every year. If you have a family history of breast cancer, you may need to begin earlier. Check with your physician.

Answers from the National Cancer Institute

What is the best method of detecting breast cancer as early as possible? A high-quality mammogram with a clinical breast exam (an exam done by a health care provider) is the most effective way to detect breast cancer.

What are the benefits of mammograms? Several large studies conducted around the world show that breast cancer screening with mammograms reduces the number of deaths from breast cancer for women ages 40-69, especially those over age 50.

What are the chances that a woman in the United States might get breast cancer? Age is the most important risk factor for breast cancer. The older a woman is, the greater her chance of developing breast cancer.

A woman's chance of being diagnosed with breast cancer is:*

- From ages 20 to 30.....1 out of 2,000
 - From ages 30 to 40.....1 out of 250
 - From ages 40 to 50.....1 out of 67
 - From ages 50 to 60.....1 out of 35
 - From ages 60 to 70.....1 out of 28
- One out of eight women will get breast cancer in their lifetime.

Most breast cancers occur in women over the age of 50; the number of cases is especially high for women over age 60.

Our Services

The Center for Breast Care offers a team of professionals working together to coordinate your care including mammography services, which are certified by the FDA and accredited by the American College of Radiology. We offer state-of-the-art technology including:

- High-resolution, full-field digital mammography
- Diagnostic Mammography
- CAD (computer aided detection)
- Diagnostic Ultrasound
- Stereotactic Biopsy with Vacuum Assisted Needles
- Multiple US Guided Biopsy Techniques
- Cyst Aspirations
- Needle Localizations
- Surgical Consultations
- Radiology/Pathology Correlation Conference
- Pretreatment Planning Conference
- Risk Assessment/Genetic Counseling
- Breast Cancer Support Services
- Individual Counseling
- Nurse Navigator
- New Diagnosed Patient Information Class