

What should I remember about breast health?

- ◆ All women are at risk of getting breast cancer.
- ◆ Know your risk. Learn about your family history of breast cancer and talk to your health-care provider about your personal risk of breast cancer.
- ◆ Talk to your health-care provider about when to begin and how often to have a clinical breast exam and/or mammogram.
- ◆ Know what is normal for you. The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. Many women have a pattern of lumpiness in their breasts, which is normal for them. But if you feel or see any changes in your breasts or underarms, talk to your health-care provider.
- ◆ Make healthy lifestyle choices.
 - Maintain a healthy weight.
 - Add exercise into your routine.
 - Do not smoke or use tobacco.
 - Limit alcohol intake.
 - Limit postmenopausal hormone use.
 - Breastfeed, if you can.
- ◆ Remember, early detection is your best protection.



What if I cannot afford to pay for a breast exam or mammogram?

- ◆ *Women's Way* may provide a way to pay for clinical breast exams, mammograms, Pap tests and pelvic exams for women ages 40 through 64. Call 1.800.44 WOMEN, 701.328.2306 or visit www.ndhealth.gov/womensway to see if you are eligible.



For more information, contact:

Women's Way

Division of Cancer Prevention and Control
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
1.800.44 WOMEN
www.ndhealth.gov/womensway

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Taking Care of *You*



Information About Breast Health

Early detection is your best protection.

- ◆ Breast cancer is the number one cancer diagnosed and the second leading cause of cancer deaths in women.
- ◆ A woman has a one in eight chance of developing breast cancer sometime during her life.
- ◆ When breast cancer is found and treated early, the five-year survival rate is 98 percent.

What are breast exams?

- ◆ A **clinical breast exam** is when a health-care provider carefully looks for and feels for any changes in your breasts – from the collarbone to the bra line, and from the armpit to the breastbone. Sometimes breast cancer can be felt and not seen on a mammogram.
- ◆ A **mammogram** is an x-ray of the breast. It can find breast cancer when it is small and might not be felt. When found early, it is easier to treat.
- ◆ Talk to your health-care provider about when to begin and how often to have a clinical breast exam and/or mammogram.

What are the risk factors for breast cancer?

Risk factors do not cause breast cancer, but they increase the chances that you may get breast cancer. Risk factors include:

- ◆ Being a woman.
- ◆ Being older than 50.
- ◆ Having a personal or family history of breast cancer. However, eight out of 10 breast cancers occur in women who have no family history of breast cancer.
- ◆ Genetic mutation of the genes BRCA 1 and 2.
- ◆ Taking hormone replacement therapy for more than five years.

Although breast cancer is more common in older women, younger women also can get breast cancer, and men can get it as well.



Be aware of any breast changes.

Know how your breasts normally look and feel and talk to your health-care provider if you notice any of these signs or symptoms.

- ◆ Changes in skin color and/or texture such as redness, rash or orange peel appearance.
- ◆ Changes in size or shape of your breast including swelling, dimpling or puckering.
- ◆ Change in the appearance of your nipple including a nipple that is turning inward when it is normally pointed outward, or a nipple that is scaly, itchy or cracked.
- ◆ Nipple discharge that starts suddenly.
- ◆ Lump, hard knot or thickening in or near your breast or in your underarm area.
- ◆ New pain in one spot that doesn't go away.
- ◆ Breast cancer found early may not have any signs or symptoms.