

# Detecting Breast Cancer Earlier

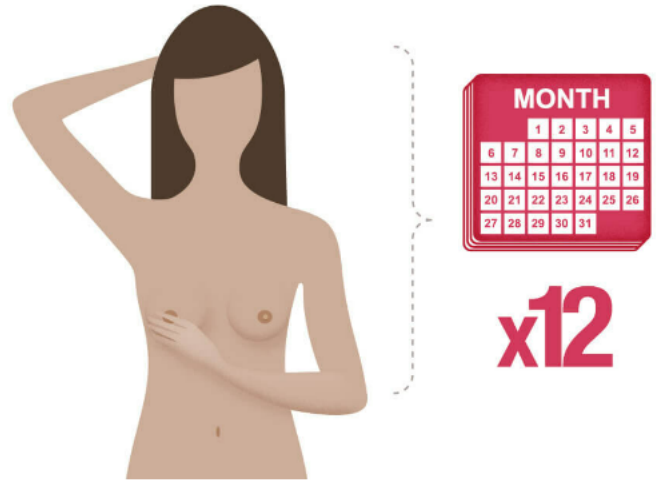
Breast cancer can't usually be prevented, but you can take three important steps to help detect it earlier. The free resource, *3 Steps to Early Detection*, can increase your chance of finding breast cancer before it spreads.

# Once A Month

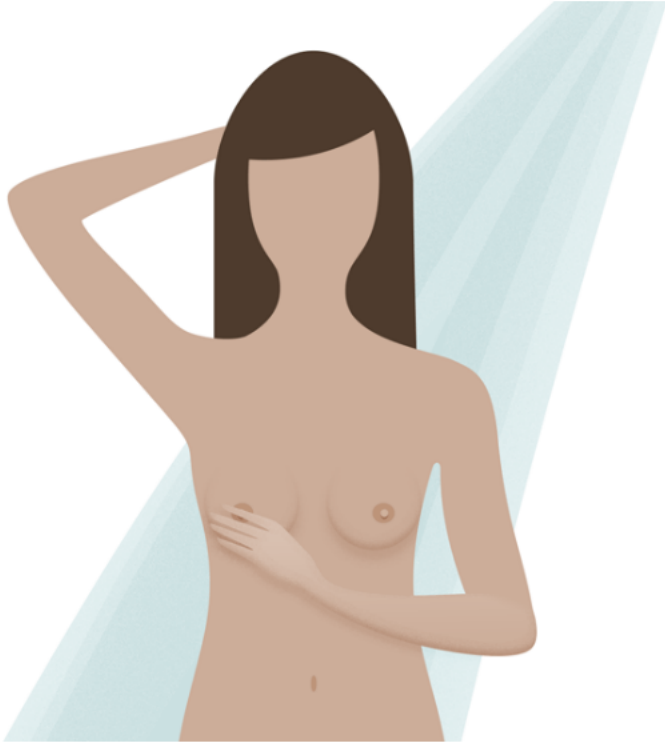
Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states,

*“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”*

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

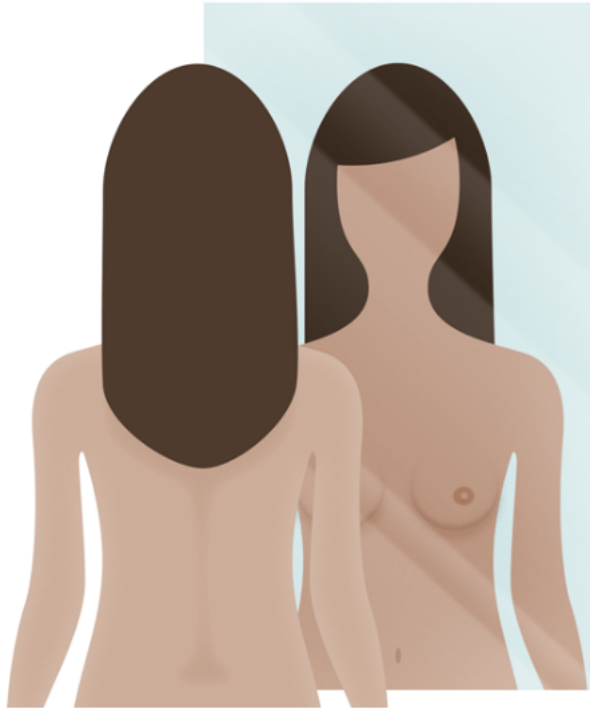


# How Should A Breast Self-Exam Be Performed?



## 1) In the Shower

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.



## 2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



### 3) Lying Down

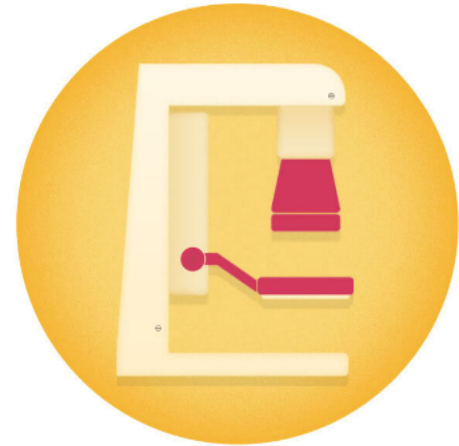
When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

# Can I Rely On Breast Self-Exams Alone To Be Sure I Am Breast Cancer Free?

Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

If you find a lump, schedule an appointment with your doctor, but don't panic – 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.

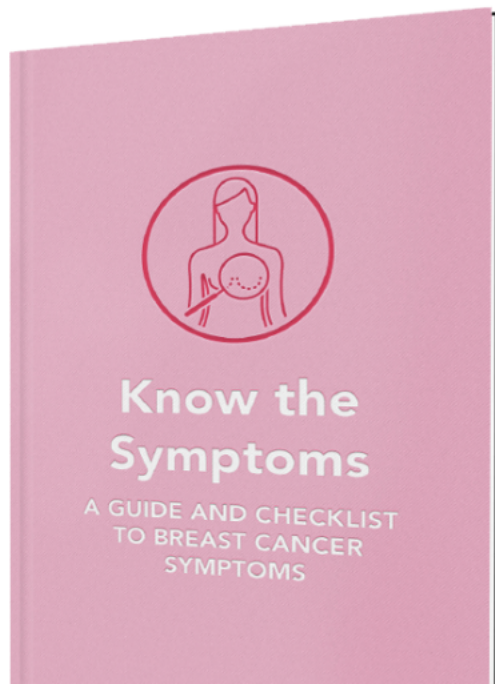


**MAMMOGRAM**

# Have You Noticed Changes In Your Breasts Recently?

Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive about your breast health. Keep your breast health in check with the *Know the Symptoms* guide today.

Where can we send your free guide?

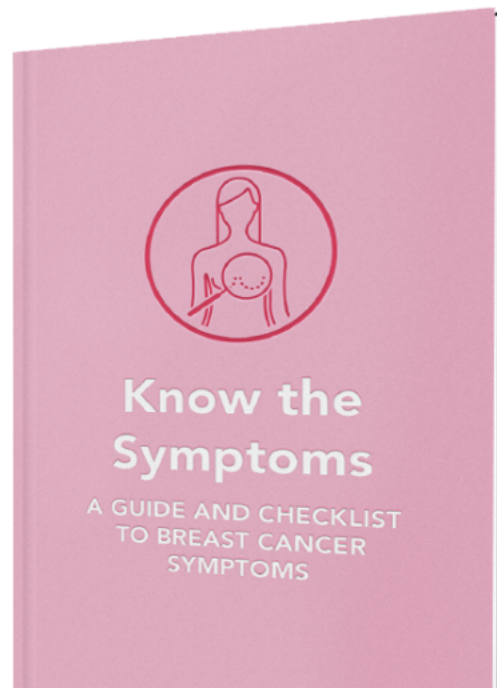


# Breast Cancer Symptoms and Signs

## Have You Noticed Changes In Your Breasts Recently?

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# What Are the Symptoms and Signs of Breast Cancer?



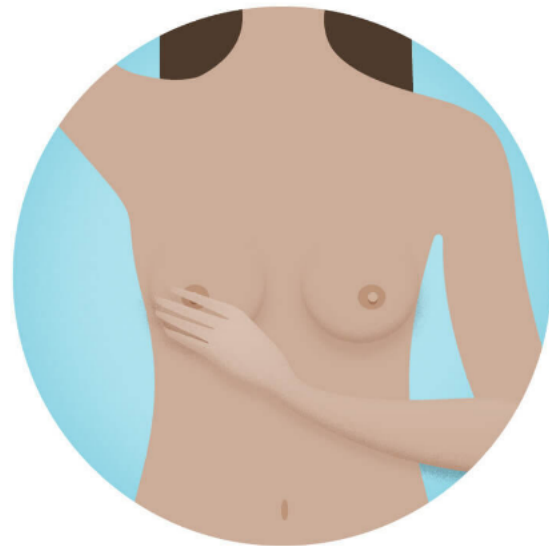
Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

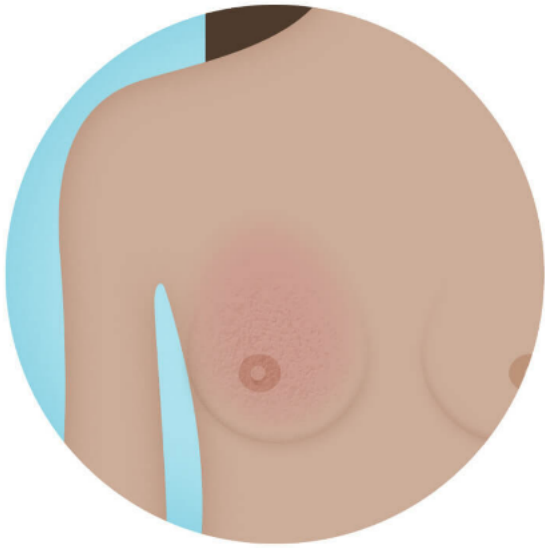
By performing monthly [breast self-exams](#), you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.

# A Change In How The Breast Or Nipple Looks Or Feels

- Nipple tenderness or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)
- A lump in the breast (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous.)



# A Change In The Breast Or Nipple Appearance

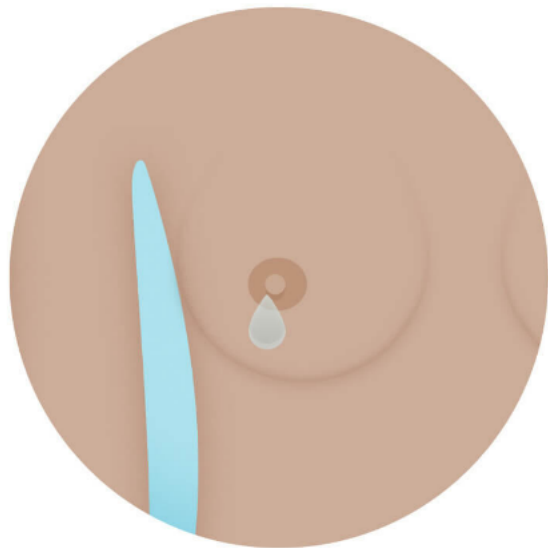


- Any unexplained change in the size or shape of the breast
- Dimpling anywhere on the breast
- Unexplained swelling of the breast (especially if on one side only)
- Unexplained shrinkage of the breast (especially if on one side only)
- Recent asymmetry (unequal or lack of sameness) of the breasts. Although it is common for women to have one breast that is slightly larger than the other, if the onset of asymmetry is recent, it should be checked.
- Nipple that is turned slightly inward or inverted
- Skin of the breast, areola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange

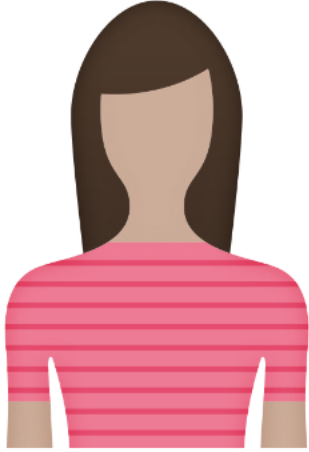
# Any Nipple Discharge—Particularly Clear Discharge Or Bloody Discharge

It is also important to note that a milky discharge that is present when a woman is not breastfeeding should be checked by her doctor, although it is not linked with breast cancer.

Let your doctor know about any nipple discharge, clear, bloody or milky. The most concerning discharges are bloody or clear.



# Questions



## **If I have some symptoms, is it likely to be cancer?**

Most often, symptoms are not due to cancer, but any breast cancer symptom you notice should be investigated as soon as it is discovered. If you have any of these symptoms, you should tell your healthcare provider so that the problem can be diagnosed and treated.

## **If I have no symptoms, should I assume I do not have cancer?**

Although there's no need to worry, regular screenings are always important.

Your doctor can check for breast cancer before you have any noticeable symptoms.

During your office visit, your doctor will ask about your personal and family medical history and perform a physical examination. In addition, your doctor may order one or more imaging tests, such as a mammogram.