



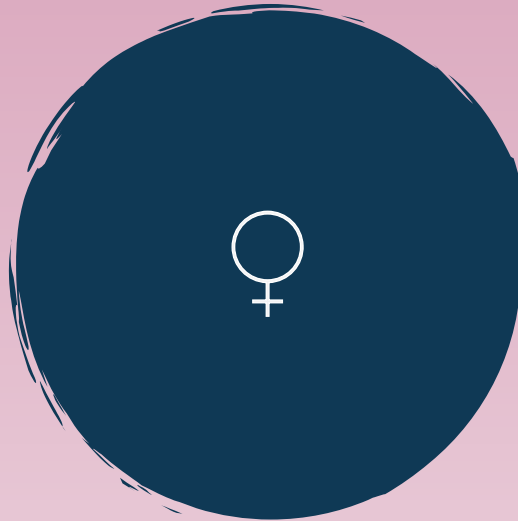
BREAST CANCER SCREENINGS

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Types of Screenings



Mammogram



Breast Self-Exam



Clinical Exam

Mammography

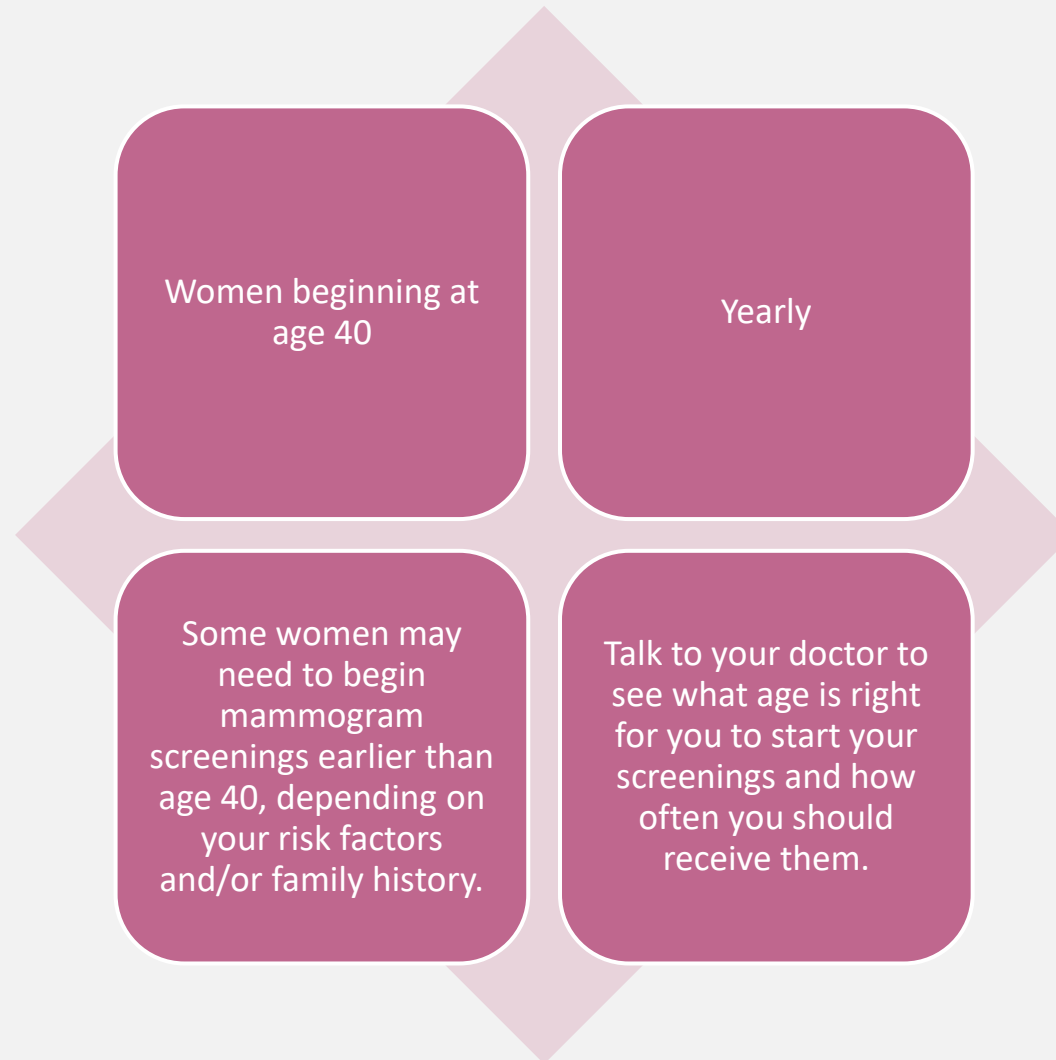
- Process of using low-energy x-rays to examine the breast for screening and diagnosing of breast tissue for any suspicious areas.

Goal

- Early detection of breast cancer




Who needs a mammogram and when?




Why get a mammogram?

Mammogram machines use x-ray images to find abnormalities in the breast that cannot be felt or seen.

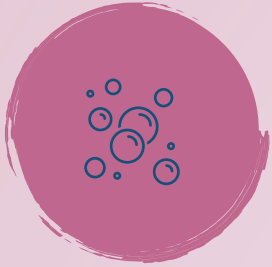


Early detection of breast cancer can offer more treatment options and a higher chance of survival.

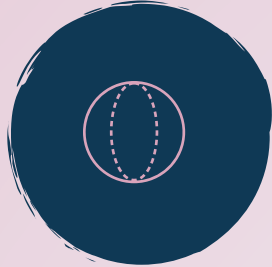


According to the American Cancer Society, breast cancer that is found early increases survival rates by 99%.

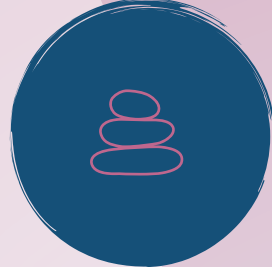
What can mammograms find?



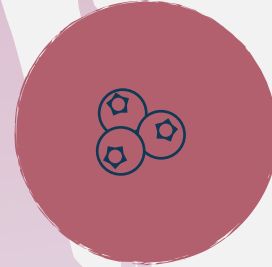
Calcifications



Cysts



Masses



Tumors



Other
Abnormalities



Additional Tests

More mammogram images might be needed, as well as an ultrasound or an MRI for a closer look at a specific area.



Possible Biopsy

Small pieces of breast tissue will be removed and evaluated under a microscope to determine whether they contain cancerous or noncancerous cells.



Results

Depending on the biopsy results, you may be referred to a specialist. Abnormal results will require a follow up with a healthcare provider.

What if they find something on my mammogram?

Types of Mammograms

(Both performed the same way and take the same amount of time.)

2D

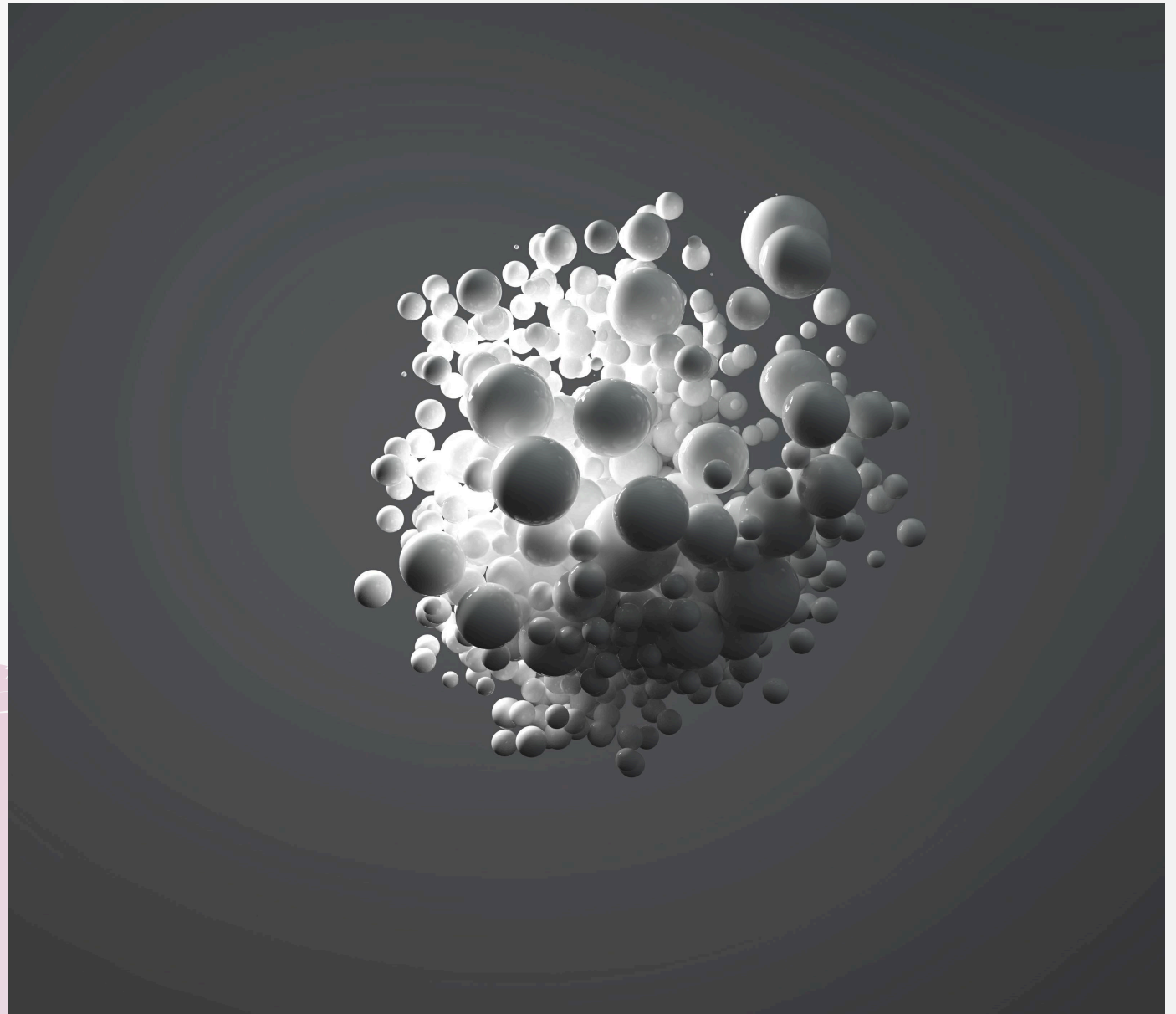
- Creates only a 2D image of the breast using two x-ray images.

3D

- Creates a 3D image of the breast using multiple x-ray images from different angles circling the breast.
- Considered the standard of care for breast cancer screening.
- Not all facilities use 3D machines.
- Fewer than half of all accredited machines are actually 3D-capable, per the FDA's statistics as of March 11, 2023.

Additional Benefits of 3D Mammography

- ❖ Find more breast cancers
- ❖ Fewer false positive rates
- ❖ Can detect cancer better in dense breast tissue
- ❖ Detect advanced breast cancers



What if you're dense?

Breast tissue is made up of fatty and fibroglandular tissue. Non-dense tissue means more fatty tissue and dense tissue means more fibroglandular tissue.

Dense Breast Tissue

- Dense (or fibroglandular) tissue shows up white on mammogram images.
- Non-dense (or fatty) tissue is transparent on mammogram images and is easy to see through to detect abnormalities.



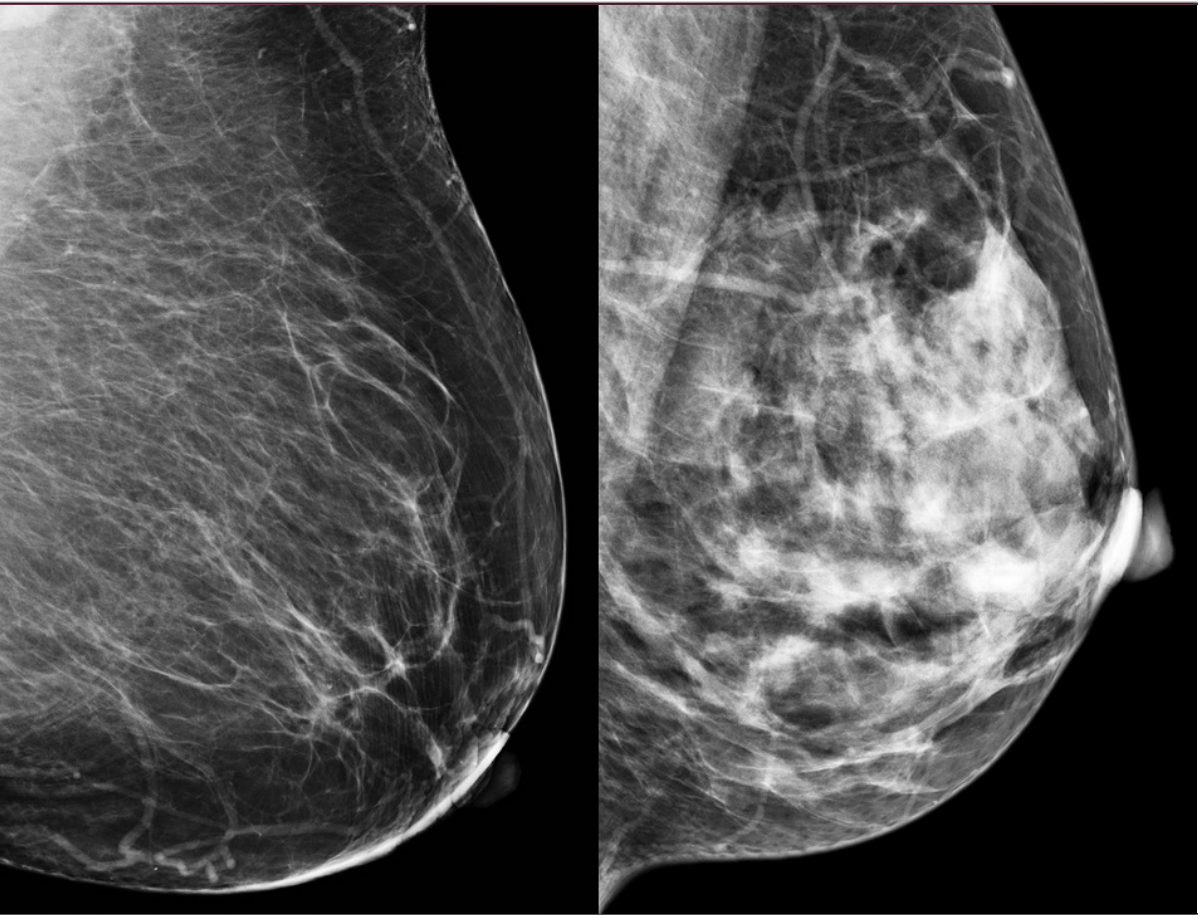
Dense Risks

- Having higher amounts of dense breast tissue puts you at a higher risk for breast cancer (although it's not known why).
- Dense tissue appears white and makes it difficult to see through, making it more difficult to detect abnormalities.
- It's unknown why some women have more dense tissue than others.



Who is dense?

- Dense breast tissue can change over time.
- The following can make it more likely to have dense breast tissue:
 - Younger in age
 - Pregnant or breastfeeding
 - Taking hormone replacement therapies
 - Having a lower body weight



Fatty Breast Tissue

Dense Breast Tissue

- Cancerous tissue and dense breast tissue both appear white on imaging which makes it difficult to see/interpret.
- 3D mammograms are still effective screening tools for all types of breast tissue.

What should you be doing in addition to screening mammograms?

Self Breast-Exams

- Performed by yourself
- Done once a month
- Checking both visually and manually for any abnormalities

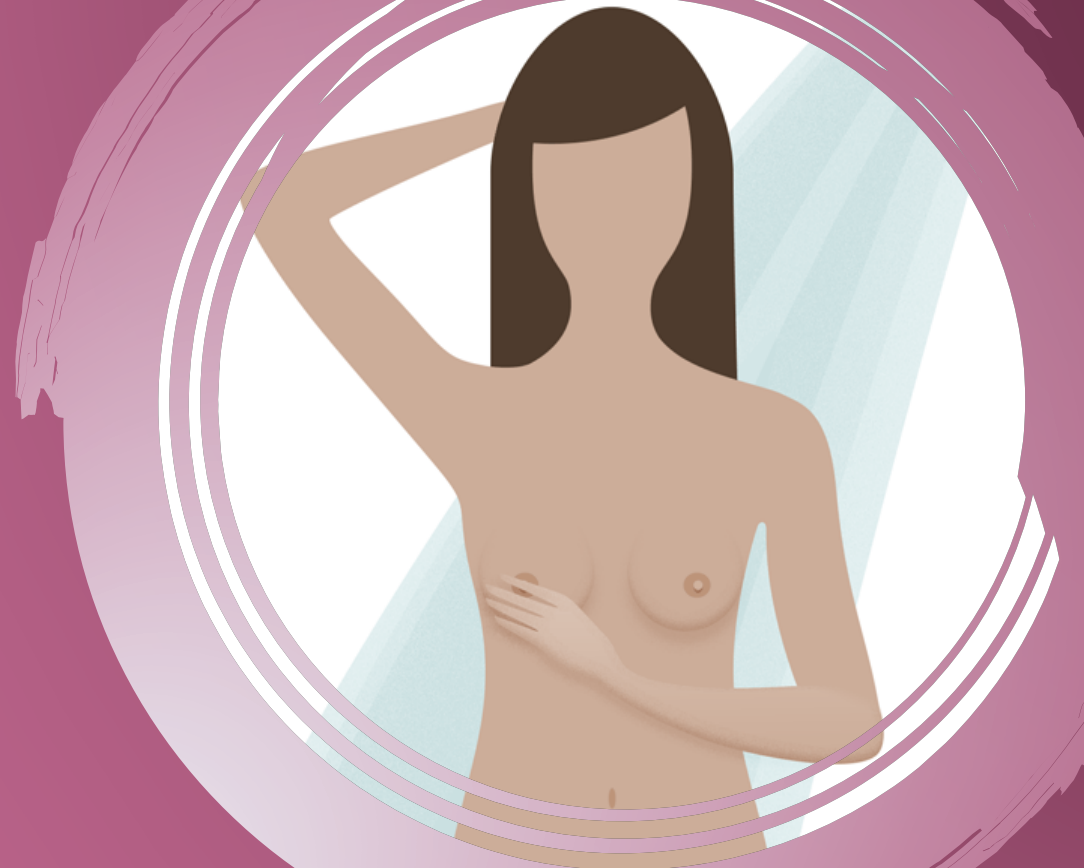
Clinical Breast Exams

- Performed by a healthcare provider who is specially trained to detect abnormalities
- Typically done once a year and/or during your office exam

HOW TO PERFORM A BREAST SELF-EXAM (PART 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 NEW LUMPS, THICKENINGS, HARDENED KNOTS, OR ANY OTHER BREAST CHANGES.

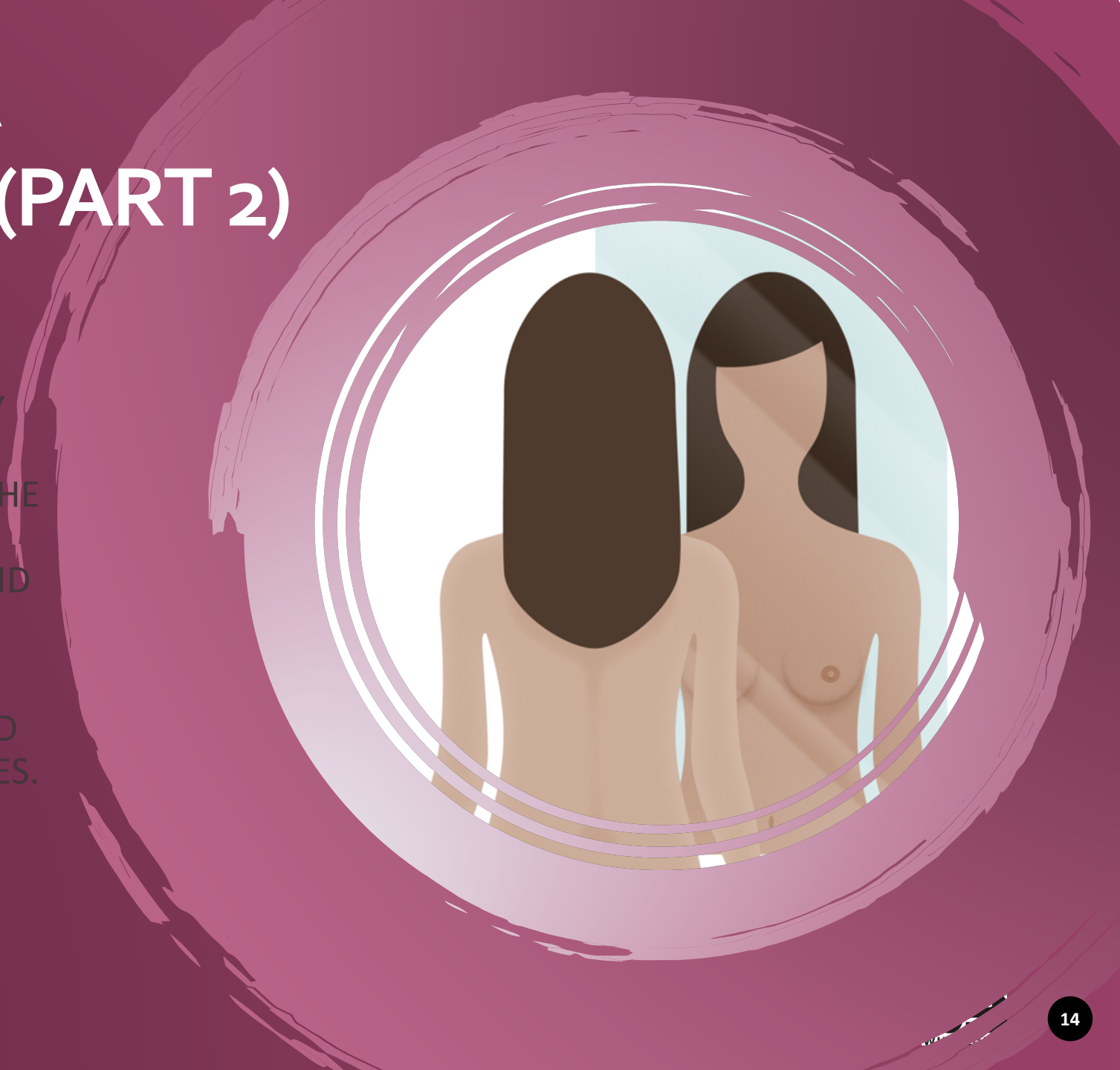


HOW TO PERFORM A BREAST SELF-EXAM (PART 2)

IN FRONT OF A MIRROR

WITH YOUR ARMS AT YOUR SIDES, VISUALLY INSPECT YOUR BREASTS, LOOKING FOR ANY CHANGES IN THE CONTOUR OR SHAPE OF THE BREASTS, ANY DIMPLING, SWELLING, OR OTHER SKIN IRREGULARITIES ON OR AROUND THE BREASTS, OR ANY CHANGES IN THE NIPPLES.

NEXT, REST YOUR PALMS ON YOUR HIPS AND PRESS FIRMLY TO FLEX YOUR CHEST MUSCLES. LOOK FOR ANY DIMPLING, PUCKERING, OR OTHER CHANGES, PARTICULARLY ON ONE SIDE. NOTE THAT THE LEFT AND RIGHT BREASTS WILL NOT EXACTLY MATCH—FEW WOMEN'S BREASTS ARE PERFECTLY SYMMETRICAL.

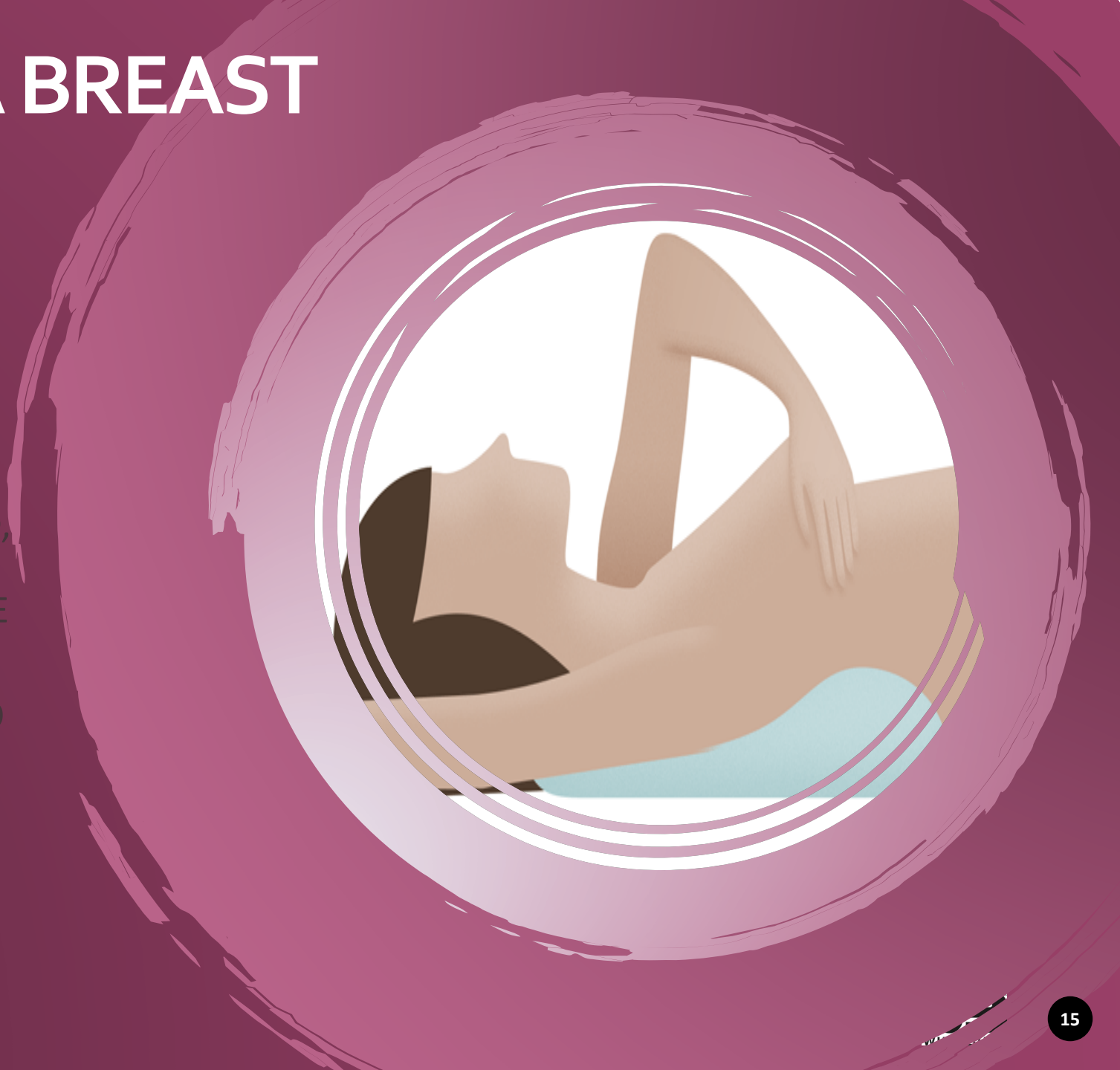


HOW TO PERFORM A BREAST SELF-EXAM (PART 3)

LYING DOWN

WHEN LYING DOWN, THE BREAST TISSUE SPREADS OUT EVENLY ALONG THE CHEST WALL. PLACE A PILLOW UNDER YOUR RIGHT SHOULDER AND PUT YOUR RIGHT ARM BEHIND YOUR HEAD. USING YOUR LEFT HAND, MOVE THE PADS OF YOUR 3 MIDDLE FINGERS AROUND YOUR RIGHT BREAST, COVERING THE ENTIRE BREAST AREA AND ARMPIT.

USE LIGHT, MEDIUM, AND FIRM PRESSURE TO FEEL FOR ANY NEW LUMPS, THICKENINGS, HARDENED KNOTS, OR ANY OTHER BREAST CHANGES. ALSO SQUEEZE THE NIPPLE TO CHECK FOR DISCHARGE. REPEAT THESE STEPS FOR YOUR LEFT BREAST.



What should you look for?

If you notice any of these symptoms, you should contact your healthcare provider to discuss your next steps.

12 symptoms. 2 breasts. 1 lifesaving app.

knowyourlemons.org/app

thick area dimple nipple crust red or hot new fluid skin sores

bump

growing vein sunken nipple new shape/size "orange peel" skin

hard lump

KNOWYOURLEMONS®

Reminders



Prevention

Early detection is key. Catching diseases early means higher survival chances, as well as less appointments, treatments, procedures and less expenses.



Mammograms

Both screening *and* diagnostic mammograms are covered at **100%** on Will-Burt's insurance plan.



Wellness Program

Mammograms are part of our wellness program. Proof (turn into Nurse Stephanie) of a mammogram counts towards the preventative behaviors section.



In the end

- If you are unsure of what screenings are right for you, please talk with your healthcare provider.
- If you notice something new or something has changed with your breasts, contact your doctor to see if you need further evaluation.

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WWW.CDC.ORG

WWW.KNOWYOURLEMONS.ORG

References