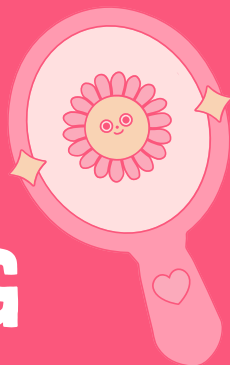


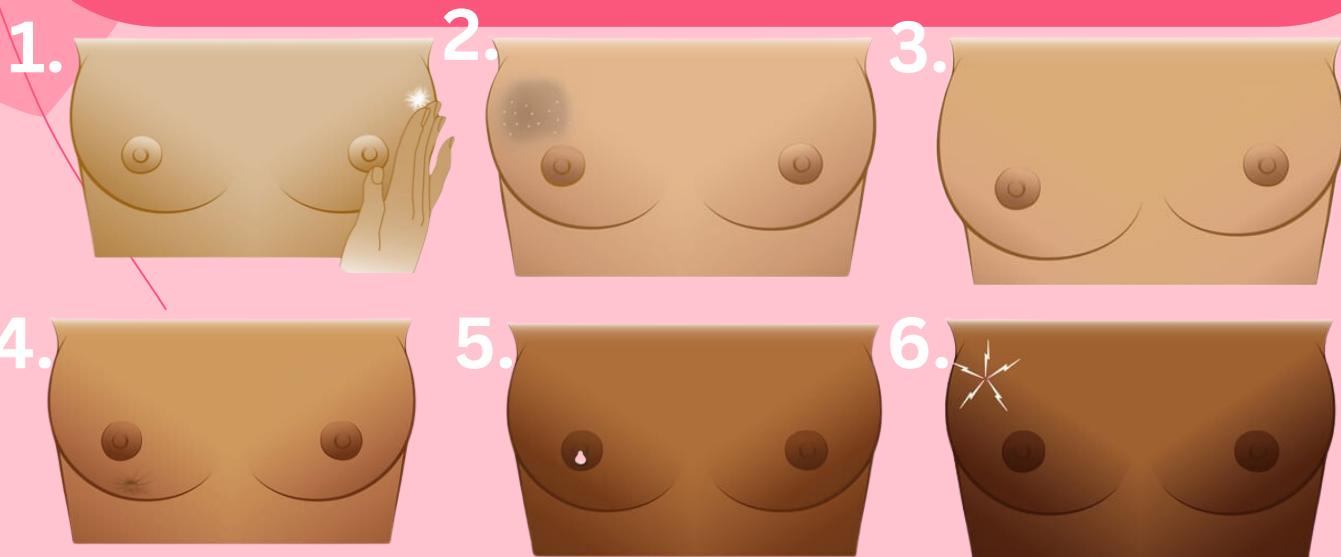
EARLY DETECTION MATTERS: RECOGNIZING THE SIGNS OF BREAST CANCER



WHAT IS BREAST CANCER?

According to the [Centers for Disease Control](#) breast cancer is defined as “a disease in which cells in the breast grow out of control.”

THE DIFFERENCE BETWEEN HEALTHY BREASTS AND UNHEALTHY BREASTS



SIGNS OF UNHEALTHY BREAST INCLUDE

- Lumps that feel harder or different from the rest of the breast.
- Discharge that occurs without squeezing the nipple, occurs in only one breast and is bloody or clear (picture 5)
- New pain that does not go away in one spot (picture 6)
- Change in breast size unexpectedly (picture 3)

SCREENING AND WHY IT'S IMPORTANT

The tests that are part of preventive care make it simpler for medical practitioners to identify the subtle symptoms that are associated with developing medical disorders, such as breast cancer. It is the key to identifying health concerns at an early stage, which helps reduce the expenses of treatment and keeps employees healthier and more pleased with their circumstances. A significant reason why preventative care is important is because of this.

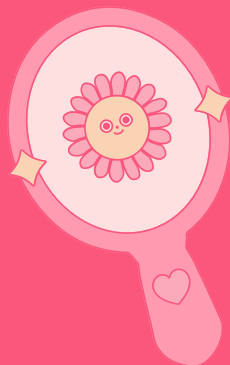


A SCREENING MAMMOGRAM MAY SHOW:

- No signs of breast cancer.
- A benign (not cancerous) condition.
- An abnormal finding, such as calcifications, that needs follow-up tests to rule out cancer

In their lifetime, one in eight women will have breast cancer, and as women age, their chance of getting the disease increases. Thankfully, mammograms lower the death rate of breast cancer. Mammograms, a non-invasive x-ray, increase the likelihood of survival and reduce the need for more intensive treatment by detecting cancer early, when it is most treatable, and long before it expresses symptoms. Remember, early detection matters!

EARLY DETECTION MATTERS: RECOGNIZING THE SIGNS OF BREAST CANCER



HOW TO DO SELF-EXAMINATIONS



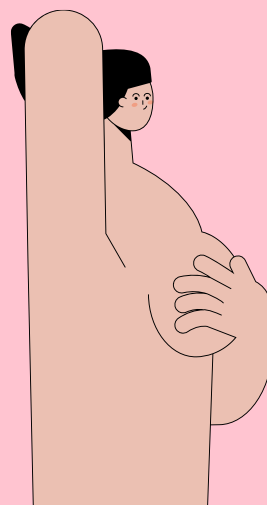
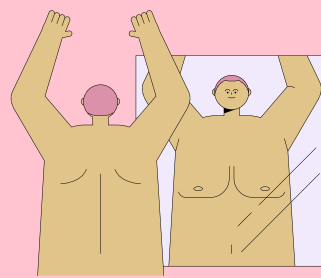
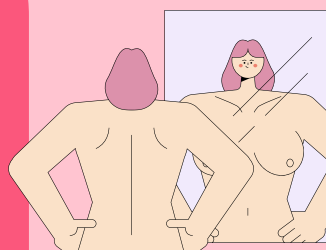
well
done!

WHY ARE SELF-EXAMINATIONS IMPORTANT?

Regularly checking your breasts on your own, or breast self-examination, can be a crucial step in detecting breast cancer early on, when treatment outcomes are more likely.

STEPS ON HOW TO DO A SELF-EXAMINATION

1. **Step 1:** Examine Your Breasts in a Mirror With Hands on Hips
2. **Step 2:** Raise Arms and Examine Your Breasts
 - Now, raise your arms and look for the same changes.
3. **Step 3:** Look for Signs of Breast Fluid
 - While you're in the mirror, look for any signs of fluid coming out of one or both nipples
4. **Step 4:** Feel for Breast Lumps While Lying Down
 - Check for lumps or abnormalities
5. **Step 5:** Feel Your Breasts for Lumps While Standing or Sitting



WHERE TO GET TESTED?

If you think you may have found a lump, abnormalities, or breast fluid that has started to excrete from one or two breasts or just want a second opinion on your findings go to a :

- clinic
- hospital
- doctor's office

BREAST CANCER RISK IS INCREASED IN WOMEN WITH SOME THESE FOLLOWING RISK FACTORS:

1. An inherited mutation in either the BRCA1 or BRCA2 gene, as well as first-degree relatives (parents, siblings, and children) of
2. individuals with BRCA1/2 gene mutations who have not had their own BRCA1/2 gene mutations tested
3. a personal history of ductal carcinoma in situ (DCIS) or invasive breast cancer
4. a lifetime risk of invasive breast cancer of more than 20%, mostly related to family history (calculate your lifetime risk or learn more)

Educate yourself on the signs and symptoms of breast cancer. Encourage regular screenings and self-examinations. Together, let's prioritize early detection and save lives. Take action now – spread awareness, schedule screenings, and promote breast health in your community.

References

1. BREAST CANCER SCREENING SAVES LIVES. BUFFALO HEALTHY LIVING. [HTTPS://BUFFALOHEALTHYLIVING.COM/BREAST-CANCER-SCREENING-SAVES-LIVES/](https://buffalohealthyliving.com/breast-cancer-screening-saves-lives/). ACCESSED APRIL 17, 2024.
2. BREAST SELF-EXAM (BSE). BREASTCANCER.ORG. [HTTPS://WWW.BREASTCANCER.ORG/SCREENING-TESTING/BREAST-SELF-EXAM-BSE](https://www.breastcancer.org/screening-testing/breast-self-exam-bse). ACCESSED APRIL 17, 2024.
3. BREAST CANCER SCREENING. CDC WEBSITE. [HTTPS://WWW.CDC.GOV/CANCER/BREAST/BASIC_INFO/SCREENING.HTM](https://www.cdc.gov/cancer/breast/basic_info/screening.htm). ACCESSED APRIL 17, 2024.
4. SUSAN G. KOMEN. MAMMOGRAPHY. SUSAN G. KOMEN WEBSITE. [HTTPS://WWW.KOMEN.ORG/BREAST-CANCER/SCREENING/MAMMOGRAPHY/](https://www.komen.org/breast-cancer/screening/mammography/). ACCESSED APRIL 17, 2024.
5. "WARNING SIGNS OF BREAST CANCER." SUSAN G. KOMEN WEBSITE. [HTTPS://WWW.KOMEN.ORG/BREAST-CANCER/SIGNS-SYMPTOMS/WARNING-SIGNS/](https://www.komen.org/breast-cancer/signs-symptoms/warning-signs/). ACCESSED APRIL 17, 2024.
6. PREVENT CANCER FOUNDATION. PREVENT CANCER FOUNDATION NEW BREAST CANCER STATISTICS EARLY DETECTION SURVEY. [HTTPS://WWW.PREVENTCANCER.ORG/2023/10/PREVENT-CANCER-FOUNDATION-NEW-BREAST-CANCER-STATISTICS-EARLY-DETECTION-SURVEY/](https://www.preventcancer.org/2023/10/prevent-cancer-foundation-new-breast-cancer-statistics-early-detection-survey/). ACCESSED APRIL 17, 2024.
7. AMERICAN CANCER SOCIETY. SCREENING TESTS AND EARLY DETECTION. AMERICAN CANCER SOCIETY WEBSITE. [HTTPS://WWW.CANCER.ORG/CANCER/TYPES/BREAST-CANCER/SCREENING-TESTS-AND-EARLY-DETECTION.HTML](https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection.html). ACCESSED APRIL 17, 2024.
8. NATIONAL BREAST CANCER FOUNDATION. EARLY DETECTION OF BREAST CANCER. NATIONAL BREAST CANCER FOUNDATION WEBSITE. [HTTPS://WWW.NATIONALBREASTCANCER.ORG/EARLY-DETECTION-OF-BREAST-CANCER/](https://www.nationalbreastcancer.org/early-detection-of-breast-cancer/). ACCESSED APRIL 17, 2024.
9. AMERICAN CANCER SOCIETY. BREAST CANCER SIGNS AND SYMPTOMS. AMERICAN CANCER SOCIETY WEBSITE. [HTTPS://WWW.CANCER.ORG/CANCER/TYPES/BREAST-CANCER/SCREENING-TESTS-AND-EARLY-DETECTION/BREAST-CANCER-SIGNS-AND-SYMPTOMS.HTML](https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/breast-cancer-signs-and-symptoms.html). ACCESSED APRIL 17, 2024.
10. CENTERS FOR DISEASE CONTROL AND PREVENTION. WHAT IS BREAST CANCER? CENTERS FOR DISEASE CONTROL AND PREVENTION WEBSITE. [HTTPS://WWW.CDC.GOV/CANCER/BREAST/BASIC_INFO/WHAT-IS-BREAST-CANCER.HTM](https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm). ACCESSED APRIL 17, 2024.
11. NCCN CLINICAL PRACTICE GUIDELINES IN ONCOLOGY: GENETIC/FAMILIAL HIGH-RISK ASSESSMENT—BREAST, OVARIAN AND PANCREATIC CANCER. 2022. AVAILABLE FROM: [HTTPS://WWW.KOMEN.ORG/BREAST-CANCER/RISK-FACTOR/GENE-MUTATIONS-GENETIC-TESTING/BRCA-GENES/](https://www.komen.org/breast-cancer/risk-factor/gene-mutations-genetic-testing/brca-genes/). ACCESSED APRIL 17, 2024