

FOR MORE INFORMATION ON BREAST CANCER

American Cancer Society
1-800-227-2345
www.cancer.org

Susan G. Komen Breast
Cancer Foundation
1-800-I'M AWARE (462-9273)
www.komen.org

National Alliance of Breast
Cancer Organizations
1-888-806-2226
www.nabco.org

National Breast Cancer Coalition
1-800-622-2838
www.natlbcc.org

Pennsylvania Breast Cancer Coalition
1-800-377-8828

Pennsylvania Department of Health
1-877-724-3258
www.health.state.pa.us

For sites anywhere in
Pennsylvania offering free
or discounted cancer screening,
contact Cancer Information Services
at 1-800-4-CANCER or 1-800-422-6237



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BREAST CANCER

A W A R E N E S S



Breast cancer is a disease that women must take seriously. This year more than 180,000 women will find out for the first time they have the disease and another 43,900 will die from it. It has been medically proven that early detection can minimize the effects of this deadly disease and that 90 percent of breast cancer victims can survive if treatment is started early enough.

I am pleased that more women are practicing breast self-examination and I am also glad that more women are having mammograms. If you don't have insurance or can't afford a mammogram, the HealthyWoman program can help eligible low-income women receive cancer screenings. Call toll-free 1-800-4-CANCER to find out more information.

Pennsylvania has stepped up its commitment to help women in their fight against breast cancer by enacting a law that requires health insurance companies to provide inpatient care for women following a mastectomy. The law also mandates that these companies cover the cost of prosthetic devices and reconstructive surgery needed after a mastectomy.

To learn more about breast cancer, read the information in this brochure or contact the sources listed on the back.

ABOUT BREAST CANCER



Breast cancer produces more Pennsylvania female cancer cases than any other type of cancer, and it is second only to lung cancer as the leading cause of death due to cancer among women.



Women can get breast cancer at any age, but the risk increases as a person grows older. Eighty-two percent of Pennsylvania cases occur at age 50 or over.



Family history of breast cancer increases risk, but most women who develop breast cancer have no family history of the disease.

WHAT IS A MAMMOGRAM?

A mammogram is a safe, painless procedure that involves an X-ray of the breast. It can detect breast cancer up to two years before a lump can be felt either through self-examination or by a physician.

The level of radiation exposure from mammography equipment is very small. It is far more dangerous to allow breast cancer to go undetected than to be exposed to the very low dose of radiation.

The exam takes about 15 minutes. A trained technician positions the breast between two plastic plates. Some pressure is applied briefly to get a clear picture of the breast. A radiologist will then read the mammogram to determine if there are any suspicious areas.

The American Cancer Society recommends that women undergo their first mammogram at age 40.

EARLY DETECTION

Early detection can improve survival. Breast cancer can be detected early through a three-step process:

Regular mammograms

Regular mammograms should begin at age 40. From age 40 to 49 have one every one or two years as directed by your physician, and over age 50 you should have one every year.

Clinical breast exams

See your doctor for breast exams on a regular basis, at least every three years from age 20 to 39, and every year thereafter.

Monthly breast self-exams

Learn the proper way to do a thorough breast self-exam and practice it monthly. If you do detect a lump in your breast or notice any changes, contact your physician. Most lumps are not cancerous, but you should have a health professional check to be sure.



*Make an Appointment for a
Breast Cancer Screening Today!*