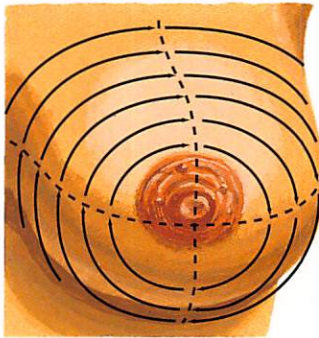
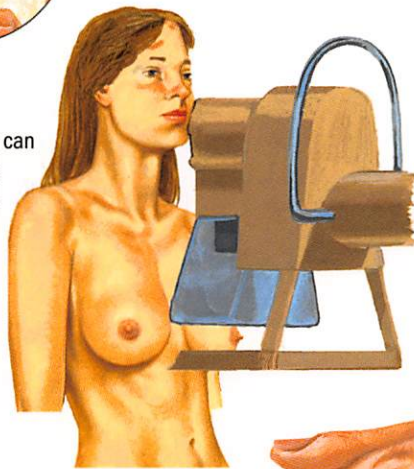
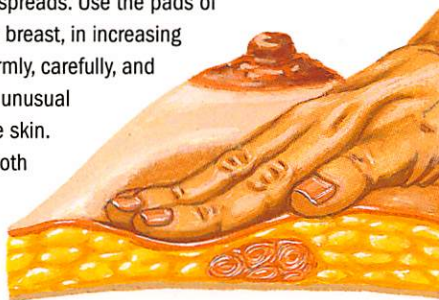


A breast (needle) biopsy may be needed for an accurate diagnosis.

An abnormal mammogram can be the first sign of possible breast cancer. Women over 40 years old should have mammogram screenings every 1 to 2 years.



A monthly breast self-exam is critical for detecting breast cancer before it spreads. Use the pads of the fingers to check the breast, in increasing or decreasing circles, firmly, carefully, and thoroughly. Feel for any unusual lump or mass under the skin. Check your breasts in both standing and lying down positions.



FROM THE DESK OF

NOTES

How Is Breast Cancer Diagnosed?

In many cases, a woman or her doctor feels a lump or discovers a change in the breast.

The doctor often suspects breast cancer because of an abnormal mammogram (a low-dose x-ray of breasts). Some women at high risk of developing breast cancer now have magnetic resonance imaging (MRI) to screen for it, in addition to mammograms.

A lump should not be ignored, even if mammogram results are normal. A mammogram doesn't show up to 20% of new breast cancers.

If cancer is suspected, the next step is to confirm the diagnosis by taking a biopsy, or removing a small piece of the abnormal area, for study. The biopsy may be done in the office.

DOs and DON'Ts in Diagnosing and Preventing Breast Cancer:

- ✓ **DO** have a regular screening mammogram, every 1 to 2 years if older than 40.
- ✓ **DO** a careful breast self-exam (BSE) monthly.
- ✓ **DO** get to know how your breasts normally feel so that you can better notice any change.
- ✓ **DO** call your doctor if you notice lumps or skin changes in your breasts.
- ✓ **DO** take medicine, if suggested by your doctor.
- ⊗ **DON'T** smoke.
- ⊗ **DON'T** drink alcohol in excess.

FOR MORE INFORMATION

Contact the following sources:

American Cancer Society

Web: www.cancer.org

National Comprehensive Cancer Network

Web: www.nccn.org

Susan G. Komen Breast Cancer Foundation

Web: www.komen.org