



Breast Cancer Prevention

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BREAST CANCER PREVENTION

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BREAST CANCER PREVENTION

Per the National Instituted of Health:

- Breast cancer is the second most common cancer in women after skin cancer.
- The goal of breast cancer screening is to detect breast cancer at an early stage before a person discovers a lump.
- With early detection, breast cancer is more easily treated and more likely to be cured (NIH, 2023).

The National Breast Cancer Foundation notes:

- In the United States, 1 in 8 women (13%) will be diagnosed with breast cancer in their lifetime.
- In 2024, approximately 310,720 women and 2,800 men will be diagnosed with invasive breast cancer.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States. (National Breast Cancer Foundation, 2024)



BREAST EXAMS

Two Common Breast Screening Methods Include:

- Breast Exams
- Mammograms

Clinical Breast Exam is an exam of a person's breast by a doctor.

- The doctor will carefully feel the breasts and under the arms for lumps or anything that may seem unusual.







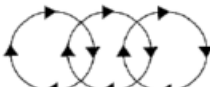





BREAST EXAMS

Breast Self-Exam (BSE) is a step-by-step approach for women to examine their breasts for anything abnormal.

- It is important to know what is normal for you and see your doctor if you notice any changes, such as:
 - Lump, hard knot or thickening inside the breast or underarm area.
 - Swelling, warmth, redness or darkening of the breast.
 - Change in the size or shape of the breast.
 - Dimpling or puckering of the skin.
 - Itchy, scaly sore or rash on the nipple.
 - Pulling in of the nipple or other parts of the breast.
 - Nipple discharge that starts suddenly.
 - New pain in one spot that doesn't go away.

BREAST EXAMS

How to do a Breast Self-Exam

<p>Step 1 Look for changes in front of a mirror.</p>  <p>a.</p> <p>Stand in front of a mirror in which you can see to your waist.</p> <ul style="list-style-type: none"> • As you look at your breasts, keep your arms relaxed at your sides. • Look for changes in shape and color. • Check the front and turn from side to side. <p>Look for:</p> <ul style="list-style-type: none"> • puckering • dimpling • skin changes • scaliness • any nipple discharge <p>• If your breasts are large, lift each one up to see underneath.</p>  <p>b.</p> <p>Raise your hands above your head.</p> <ul style="list-style-type: none"> • Check the front and turn from side to side. • Lean forward, bending at the waist, and check as you did before.  <p>c.</p> <p>Place your hands on your hips and press down.</p> <ul style="list-style-type: none"> • Check front and each side as you did before. 	<p>Step 2 Getting Started.</p>  <p>d. Use the pads of your fingers.</p> <ul style="list-style-type: none"> • Use the pads of your 3 middle fingers • Do not use fingertips • Keep your fingers together  <p>Use dime-size circles</p> <p>Move your fingers in 3 dime size circles, one at each of the levels of pressure.</p>  <p>3 levels of pressure are important</p> <p>Use 3 levels of pressure in each spot:</p> <ol style="list-style-type: none"> 1. light (just moves skin) 2. medium 3. deep (you may feel your ribs)  <p>Use the vertical strip</p> <p>Use a vertical strip pattern (like cutting the grass or vacuuming the carpet) to check all your breast tissue. Include area under the nipple. Do not squeeze the nipple.</p>	<p>Step 3 Feel for changes lying down.</p>  <p>You will lie down on your bed or other firm surface.</p> <p>You will need to examine all your breast tissue (the shaded part on the drawing).</p> <p>All your breast tissue is:</p> <p>From your armpit to lower bra line > across to the center of the chest > up to the collar bone and across > back to the deepest part of the armpit</p>  <p>e.</p> <p>Check your right breast with your left hand</p> <ul style="list-style-type: none"> • Lie on your left side. Roll your right shoulder back towards the bed. • Raise your right arm above your head, and put the back of your right hand on your forehead. • Begin under your arm in the deepest part of your armpit. • Make dime-size circles at each of the 3 levels of pressure (light, medium, deep) in that spot.  <p>f.</p> <p>You are now ready to check your left breast with your right hand</p> <ul style="list-style-type: none"> • Lie on your right side. Roll your left shoulder back towards the bed. • Raise your left arm above your head, and put the back of your left hand on your forehead. • Do just as you did with your right breast - you begin at the top of your armpit. <p>Check above and below the collarbone for any swelling or lumps.</p> <p>This completes your breast self-exam.</p> <p>If you see or feel any skin changes or lumps be sure to tell your doctor or nurse right away.</p> <p>Don't forget to do your breast self-exam each month!</p>
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MAMMOGRAMS

Mammograms are an X-ray picture of the breast, which can detect breast cancer early.

- A **screening mammogram** usually involves two or more X-ray pictures of each breast. It is used to:
 - Detect tumors that cannot be felt.
 - Identify tiny deposits of calcium that sometimes can indicate the presence of breast cancer.
- A **diagnostic mammogram** can be used to check for breast cancer after a lump or other signs of breast cancer are suspected:
 - Breast pain.
 - Thickening of the skin of the breast.
 - Discharge from the nipple.
 - A change in the size or shape of the breast.



NOTE: These signs may not always indicate cancer but can be signs of non-cancerous conditions.

MAMMOGRAMS

If your doctor feels additional imaging of your breast is needed, they may order one of the following tests:

- **Digital Mammography** is a computer picture of the breast.
- **2-Dimensional Mammography** uses X-rays to take pictures and create a 2-D computerized image of the inside of the breast.
- **Digital Breast Tomosynthesis/3-D Mammography** is a type of mammography in which X-ray machines are used to take pictures of thin 'slices' of the breast from different angles. A computer is then used to make 3-D pictures of the breast from the X-rays.

MAMMOGRAMS

- **Nuclear Magnetic Resonance Imaging (NMRI)** uses a magnet, radio waves, and a computer to make detailed pictures of the breast and chest.
 - NMRI may be used to screen women at high-risk for breast cancer, to detect breast cancer, or any other unusual changes in the breast.
 - NMRI may also be used as an additional screen for:
 - Woman with dense breasts.
 - Women who have a close family history of breast cancer.
 - Women who have genetic syndromes or changes in the BRAC genes.

BREAST CANCER SCREENING

Benefits of Cancer Screenings:

- Early detection can help reduce deaths from breast cancer.
- If breast cancer is detected, treatment can be started earlier and potentially result in better outcomes.

Talk to your doctor:

- As with all medical testing, it is important to talk to your doctor or other care provider about your risk of breast cancer, what tests are right for you, and the benefits and risks, which may include:
 - A False-positive test can occur leading to extra testing and anxiety.
 - False-negative test results can delay diagnosis and treatment.
 - Mammography exposes the breast to low doses of radiation.
 - There may be minor pain or discomfort during a mammogram.
 - Finding breast cancer may lead to treatment, which may have side effects.

MAMMOGRAM RESULTS

Understanding your mammogram report is important in knowing what the possible next steps would be, especially when speaking with your doctor.

The standardized system used to report results of mammograms, ultrasounds, and MRIs is the **Breast Imaging Reporting and Data System (BI-RADS®)**



If you have any questions about your mammogram results, don't hesitate to call your doctor or health professional.

Breast Imaging Reporting and Data System (BI-RADS®)		
Category	Finding (Assessment)	Recommended Next Steps
0	Need additional imaging evaluation	Additional imaging needed before a category can be assigned.
1	Negative	Continue regular screening mammograms
2	Benign (not cancer)	Continue regular screening mammograms
3	Probably benign	Receive a 6-month follow-up mammogram
4	Suspicious abnormality	May require biopsy
5	Highly suggestive of malignancy (cancer)	Requires biopsy
6	Known biopsy-proven malignancy (cancer)	Biopsy confirms presence of cancer before treatment begins.

(National Cancer Institute)

BREAST CANCER PREVENTION

Prevention is an action taken to lower the chance of developing cancer.

Being aware of risk factors or protective factors can be helpful.

Some known breast cancer risk factors include:

- Older age
- A personal history of breast cancer or benign (noncancer) breast disease
- Inherited risk of breast cancer
- Dense breast tissue
- Reproductive history resulting in greater exposure to estrogen
- Taking hormone therapy for symptoms of menopause
- Radiation therapy to the breast or chest
- Obesity
- Drinking alcohol



BREAST CANCER PREVENTION

As we mentioned, **Prevention** is an action taken to lower the chance of developing breast cancer. These are also known as ***Cancer Protective Factor***, which can include:

- Reproductive history resulting in less exposure to estrogen.
- Taking selective estrogen receptor modulators to manage how estrogen works in your body or aromatase inhibitors and inactivators drugs, which suppress estrogen production.
- Risk-reducing or preventive mastectomy.
- Removal of ovaries
- Getting enough exercise

FREE OR LOW-COST SCREENING MAMMOGRAMS

The Centers for Disease Control and Prevention (CDC) provides breast and cervical cancer screenings and diagnostic services through their **National Breast and Cervical Cancer Early Detection Program (NBCCEDP)** for women who have low incomes and are uninsured or underinsured.

- **To be eligible for this service you must:**
 - Have no insurance, or your insurance does not cover screening exams.
 - Have a yearly income that is below the federal poverty level.
 - Be between 40 and 64 years of age for breast cancer screening.
 - Certain women who are younger or older may qualify for screening services.
- **In Pennsylvania, to find out if you qualify for a free or low-cost mammogram and Pap test and where to get screened, call:**
 - 800-848-3367 in Philadelphia, Chester, Delaware, Montgomery & Buck County
 - Others call 800-215-7494

To find a program, visit the CDC website https://www.cdc.gov/breast-cervical-cancer-screening/about/screenings.html?CDC_AAref_Val=https://www.cdc.gov/cancer/nbccedp/screenings.htm

BREAST CANCER RESOURCES

Finding reliable health information can be a challenge on the internet. For additional information, the following breast cancer organizations may be helpful:

- National Cancer Institute: 1-800-4-CANCER. Weblink: <https://www.cancer.gov/types/breast/patient/breast-screening-pdq>
- National Library of Medicine: MedlinePlus. Weblink: <https://medlineplus.gov/mammography.html>
- Breast Cancer Research Foundation. Weblink: <https://www.bcrf.org/>
- Susan G. Komen:
 - Breast Care Helpline: 1-877-465-6636 (1-877 Go-Komen)
 - Email: helpline@komen.org

PA HEALTH & WELLNESS RESOURCES

To learn more about PHW's Disease Management programs:

- ❑ Visit the PA Health & Wellness website: <https://www.pahealthwellness.com/>
- ❑ Call Participant Services: 1-844-626-6813 (TTY:711)
- ❑ Email: phwcasemanagement@pahealthwellness.com

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