

BREAST CANCER

WHAT IS IT?

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too.

BENIGN BREAST LUMPS

Most breast lumps are not cancerous (benign). Still, some may need to be sampled and viewed under a microscope to prove they are not cancer.



SCREENING SAVES

Screening refers to tests and exams used to find a disease, like cancer, in people who do not have any symptoms. The goal of screening exams, such as mammograms, is to find cancers before they start to cause symptoms.

Ages 20+

At age 20, women should begin performing breast self exam (BSE). Report any breast changes to your health professional right away.

Ages 20-39

Women in their 20's and 30's should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional, at least every 3 years.

Ages 40+

Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

HIGH RISK

Women at high risk should get an MRI and mammogram every year. Women at moderately increased risk should talk with their doctor about the benefits & limitations of adding MRI Screening to their yearly mammogram.

WHAT IS A MAMMOGRAM?

A mammogram is an x-ray picture of the breast used to look for early signs of breast cancer.

HOW IS A MAMMOGRAM PERFORMED?

The breast is placed between 2 plates and flattened. The x-ray is then taken.

IS A MAMMOGRAM PAINFUL?

A mammogram is uncomfortable for most women. Some women with sensitive breasts may find it painful.

Want to schedule an appointment?
Log in at patients.careatc.com or call **800.993.8244**