



National Breast Cancer Awareness Month

EARLY DETECTION SAVES LIVES!

Be sure to have a yearly mammogram and clinical breast exam, because it could save your life and increase your treatment options if you do find yourself or someone you love diagnosed with breast cancer. The goal of cancer screening is to find cancer before it starts to cause symptoms. Breast cancers that are found because they are causing symptoms tend to be more larger and more likely to have already spread beyond the breast.

Mammograms are simple breast x-rays that are quick, easy and safe. The process takes less than 30 minutes. It's 30 minutes that could save your life. American Cancer Society recommends that women age 40 and older have a mammogram every year, along with a breast exam by their doctor. For women ages 20-39, it is recommended having a mammogram and breast exam at least every 3 years.

Risk factors include gender (breast cancer mainly occurs in females, although males are not immune) and family history and genetics. Also your lifestyle, how well you eat, exercise, etc. are great factors to analyze and possibly change to help fight breast cancer.

Research is being done every day to find a cure for cancer. Donations enable a majority of the research to be done. You may donate to these foundations if so desired.

1. American Cancer Society
2. Susan G. Komen Breast Cancer Foundation

Call your doctor today to schedule a mammogram and breast exam. Early detection is best! The earlier breast cancer is detected, the easier it is to treat.

Warning Signs of possible breast cancer:

- a lump in the breast
- dimpling of the breast
- changes in the skin on the breast
- spontaneous nipple discharge



How can I prevent breast cancer?

- exercise regularly
- control your weight
- eat a balance, nutritious diet
- limit alcohol intake

This information was provided by the American Cancer Society (www.cancer.org) and *House Call*, the newsletter for Goodland Regional Medical Center.

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