
GUIDELINES FOR THE

“Girls”



It was Eleanor Roosevelt who said, “You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.” Today is the day we stare down **breast cancer** and decide that we are stronger, we are smarter, and we will *never* live in denial about our health. Of course, it won’t be easy. Breast cancer poses a threat to nearly every woman in every corner of the

United States. Many of us can name friends and family affected by the disease. Fortunately, with early screenings and medical research, breast cancer is no longer a sudden discovery with little hope of recovery. We are the privileged ones. We now know how to take charge over our breast health by taking time to protect the “*girls*.”

ARE YOU DUE FOR YOUR MAMMOGRAM?

Why get a mammogram?

Mammography is a diagnostic procedure used to detect tumors and cysts in the breast that may be too small for a woman to detect through self-examination.

It's Convenient

Appointments are available Monday and Tuesday, 8:00 a.m. - 6:15 p.m., and Wednesday thru Friday, 7:15 a.m. - 4:15 p.m.

It's Fast

A routine mammogram takes about 15 minutes. You are worth it!

It's Easy

Make an appointment today: Call **470-5880** or visit crouse.org/mammoappt

No method of detecting breast cancer is 100 percent certain, but data shows that most cancers are detected earlier when patients undergo an annual mammogram after age 40.

Signs and symptoms of breast cancer

The most common symptom of breast cancer is a new lump or mass. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But some cancers are tender, soft, and rounded or even painful. So it's important to have anything new or unusual checked by a doctor.

Other symptoms of breast cancer include the following:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk

Although these symptoms can be caused by things other than breast cancer, it is important to have them checked out by your doctor.

Four Steps to Good Breast Health

1. Monthly Breast Exam

Know how your breasts normally look and feel. Examine your breasts monthly and report any changes to your doctor.

2. Regular Checkup

See your doctor for a clinical breast examination. Doing so can reveal abnormalities that may be missed by a mammogram.

3. Mammography Exam

The American Cancer Society recommends having a yearly mammogram beginning by age 40. If you're under 40 and have a family history of breast cancer or other concerns, discuss when to begin screening with your doctor.

4. Risk Evaluation

Your doctor has new tools to help identify women at high risk for breast cancer. Identify your risk factors for breast cancer and discuss them with your doctor, including:

- Increasing age
- Having a mother, sister or daughter with breast cancer
- Having a breast biopsy showing abnormal cells
- Beginning your first period before age 12
- Having a first child after age 30 or not ever having children
- Using hormone therapy after menopause
- Dense breast tissue

Although many risk factors may increase your chance of having breast cancer, it is not yet known just how some of these risk factors cause cells to become cancer. Hormones seem to play a role in many cases of breast cancer, but just how this happens is not fully understood.

Crouse Breast Health Center

At Crouse Hospital, we use the most advanced 3D digital mammography, which pairs modern electronic and computer technology with traditional X-ray mammography methods. 3D digital mammography (also called Tomosynthesis) provides more accurate images, reduces radiation exposure and results in fewer false positives than traditional X-ray mammography. Digital mammography has been shown to be especially effective in detecting abnormalities in young women and those with dense breast tissue.

Because images are processed digitally, they can be viewed, optimized and stored on a computer for easy access by your physician or hospital staff at any time.

Help Crouse Hospital & the American Cancer Society
Make Strides Against Breast Cancer

Make a donation of
\$20 or more and receive this
Crouse Hospital/Simply Well shirt.

JOIN OUR TEAM TODAY!

email ZairCarella@crouse.org

Join us for the walk Sunday, Oct. 19 in Clinton Square.





crouse.org/spirit

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