

Steps to BSE

- 1** Place your hands behind your head and press. Look for changes in skin color and texture, and changes in breast size and shape. Look for puckering of the skin. Notice any nipple changes, scaling or pulling to one side, or change in nipple direction. Turn from side to side to see all breast tissue.

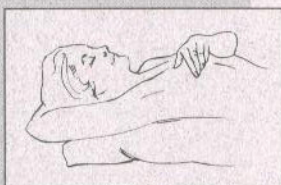


- 2** Squeeze the nipple, checking for any discharge. Note the amount and color.



- 3** Lie down and put a small pillow or towel

beneath your right shoulder. Raise your right arm and rest your hand, behind your head. With lotion in your left hand begin feeling your right breast for lumps using a smooth massaging motion. Start at the outer edge of the right upper part of breast, using the flat part of your three middle fingers.



- 4** Move your fingers in a circle, starting from the outside of the breast working inward with firm but gentle pressure. Be sure to cover the whole breast, chest, neck and armpit area. Repeat on the left side. Report any changes to your doctor right away.



Starting today . . .

If you are less than 40 years old

- Check your breasts monthly
- Have a breast exam by your doctor at least every 3 years
- Have a mammogram by age 40

If you are between 40-49 years old

- Examine your breasts monthly
- Have a breast exam by your doctor each year
- Have a mammogram every 1 to 2 years

If you are age 50 or over

- Examine your breasts monthly
- Have a breast exam by your doctor each year
- Have a mammogram each year

These American Cancer Society guidelines are meant for women who have no breast cancer symptoms.

You can do so much to increase your chances of detecting breast cancer in its earliest stages. Please take the simple steps toward breast health and encourage women you know to do the same.

This brochure was produced in cooperation with



For answers to your health-related questions call your doctor, your local public health department, or the American Cancer Society, 1-800-ACS-2345.

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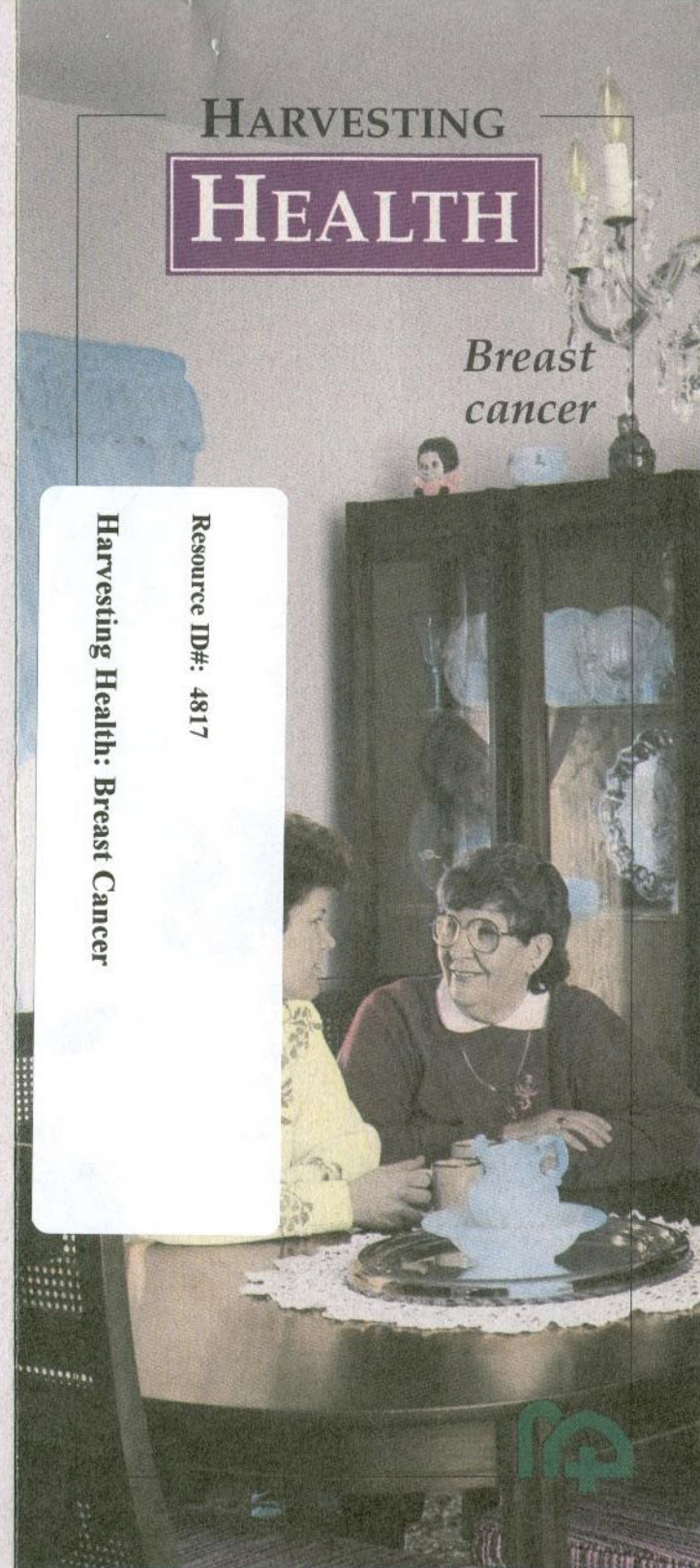
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HARVESTING HEALTH

Breast cancer

Resource ID#: 4817

Harvesting Health: Breast Cancer



Today's woman knows the best way she can take care of her home and family is by first taking good care of herself. That means finding time in a busy day to take care of her health.

Breast cancer can be a major threat to a woman's health but it doesn't have to be. Breast cancer is almost 100 percent curable when found early. Here are three important steps you can follow for early detection:

- **Mammogram**
(x-ray of the breast)
- **A breast exam performed**
by a doctor or other health care professional
- **Breast Self-Exam**

All women are at risk for getting breast cancer. Some of the factors that increase risk are:

- Increased age
- History of breast cancer in close family members (mother, sister, daughter)
- Late age at menopause (after 55)
- Onset of menstruation before age 12
- Older than 30 years at birth of first child
- Never giving birth
- Obesity - 40 percent above weight normal for you.

Every woman should discuss her own risk factors with her doctor and follow these three steps for early detection.

Mammography

By age 40, you should have a mammogram. This is a breast x-ray that can reveal tumors too small to be felt and show other changes in the breast that doctors believe may suggest cancer. You should have a mammogram every one to two years after the age of 40 and every year after 50 years of age.

In mammography, the breast is pressed between two plates and some pressure is applied to get a clear picture. Usually, two x-rays are taken of each breast, one from the top and one from the side.

Do not hesitate to have a mammogram if your doctor recommends it. You may also arrange your own appointment directly through a screening program at a local hospital, clinic or mobile van.

Clinical Breast Exam

Every year, a breast exam should be performed by your doctor as part of your regular yearly checkup. The doctor feels each breast and underarm area, checking for lumps. This is called palpation. The breasts are also checked for other changes such as dimpling, scaling or puckering of the skin and unusual discharge from the nipples.

Getting to a doctor for checkups even though you're feeling fine can be hard to do, especially if you live out in the country and are busy with work. Getting a checkup is difficult, too, if your health insurance doesn't cover it. But given how critical early detection can be if you do develop breast cancer, you'll save time, money and quite possibly your life, by taking the hour or two it takes to get to a doctor for examination.

Breast Self-Exam (BSE)

At the same time each month, women should perform a breast self-examination. If you menstruate, perform BSE 10 days after you get your period. BSE is done once a month so that you become familiar with the usual appearance and feel of your own breasts. Familiarity makes it easier to notice any changes in your breasts from one month to another.

More ways to reduce your risk of cancer:

- Cut down on total fat intake in your diet
- Avoid obesity
- Limit your alcohol consumption, or don't drink at all