

## **Guidelines for Breast Cancer Screening**

Age 20-39: monthly self-exam

clinical exam: every 3 years,

mammogram: only in patients who  
have a history of breast cancer in  
their family.

Age 40-49: monthly self-exam

clinical exam: annually

mammogram: every 1 or 2 years

Age 50 +: monthly self-exam

clinical exam: annually

mammogram: annually

## **For More Information:**

Call

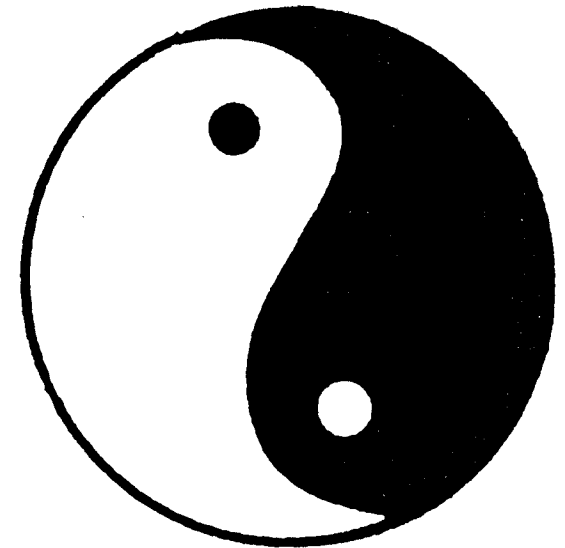
1-800-4CANCER

Or

The American Cancer  
Society

1-800-ACS-2345

# Healthy Breasts Cancer Screening and Mammograms



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## *What to Know*

Breast cancer is so common in this country that one out of every nine women will get it.

The best protection against breast cancer is to find it early and treat it right away.

It is important to practice monthly breast self-exams.

It is important to have regular mammograms beginning by the age of 40.

The most common sign of breast cancer is a lump in the breast.

However all lumps are ***NOT*** cancerous.

## *Cancer Screening*

The most important way to keep your breasts healthy is with regular breast cancer screening.

Screening is when you or your doctor look for signs of disease in women with no symptoms.

## *Types of Breast Cancer*

### *Screenings:*

- \*Self-examination
- \*Clinical breast exam
- \*Physical exams by a health care professional
- \*Mammography

## *Symptoms of Breast Cancer*

Call your doctor if you have any of the following symptoms:

- \*breast lump
- \*nipple discharge
- \*breast pain
- \*Skin redness or puckering

## *Treatment for Breast Cancer*

If the cancer is found early, treatment can include a lumpectomy.

A lumpectomy removes the cancer but not the whole breast.

Some surgeons treat breast cancer by doing a mastectomy.

A mastectomy is the removal of the entire breast.

Surgery is often followed by radiation therapy or breast reconstruction.