

Breast cancer is a disease that women must take seriously. This year more than 300,000 women will find out for the first time they have the disease and another 42,250 will die from it. It has been medically proven that early detection can minimize the effects of this deadly disease and that more than 90 percent of breast cancer victims can survive if treatment is started early enough.

To catch it early, women are encouraged to practice breast self-examination and have regular mammograms. If you don't have insurance or can't afford a mammogram, the Healthy Woman program can help eligible low-income women receive cancer screenings. Call toll-free 1-800-4-CANCER to find out more information.

Pennsylvania has stepped up its commitment to help women in their fight against breast cancer by enacting a law that requires health insurance companies to provide inpatient care for women following a mastectomy. The law also mandates that these companies cover the cost of prosthetic devices and reconstructive surgery needed after a mastectomy.



FOR MORE INFORMATION on breast cancer

American Cancer Society
1-800-227-2345
www.cancer.org

**Susan G. Komen Breast
Cancer Foundation**
www.komen.org
1-877-GOKOMEN (465-6636)

National Breast Cancer Coalition
1-800-622-2838
www.stopbreastcancer.org

Pennsylvania Breast Cancer Coalition
1-800-377-8828
www.pabreastcancer.org

Pennsylvania Department of Health
1-877-PA-HEALTH (724-3258)
www.health.pa.gov

For sites anywhere in Pennsylvania
offering free or discounted cancer
screening, contact
Cancer Information Services at
1-800-4-CANCER or **1-800-422-6237**



BREAST cancer

AWARENESS

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ABOUT breast cancer

Breast cancer produces more Pennsylvania female cancer cases than any other type of cancer, and it is second only to lung cancer as the leading cause of death due to cancer among women.

Women can get breast cancer at any age, but the risk increases as a person grows older. Approximately eighty percent of Pennsylvania cases occur at age 50 or over.

Family history of breast cancer increases risk, but most women who develop breast cancer have no family history of the disease.

E A R L Y detection

Early detection can improve survival. Breast cancer can be detected early through a three-step process:

REGULAR MAMMOGRAMS

Regular mammograms should begin at age 40. Women age 45 to 54 should have a yearly mammogram. Whereas, women age 55 and older should have one every two years as directed by your physician.

CLINICAL BREAST EXAMS

See your doctor for breast exams on a regular basis, at least every three years from age 20 to 39, and every year thereafter.



MONTHLY BREAST SELF-EXAMS

Learn the proper way to do a thorough breast self-exam and practice it monthly. If you do detect a lump in your breast or notice any changes, contact your physician. Most lumps are not cancerous, but you should have a health professional check to be sure.

WHAT IS A mammogram?

A mammogram is a safe, painless procedure that involves an X-ray of the breast. It can detect breast cancer up to two years before a lump can be felt either through self-examination or by a physician.

The level of radiation exposure from mammography equipment is very small. It is far more dangerous to allow breast cancer to go undetected than to be exposed to the very low dose of radiation.

The exam takes about 15 minutes. A trained technician positions the breast between two plastic plates. Some pressure is applied briefly to get a clear picture of the breast. A radiologist will then read the mammogram to determine if there are any suspicious areas.

The American Cancer Society recommends that women undergo their first mammogram at age 40.



**MAKE AN
APPOINTMENT**
for a
breast cancer
screening
today!