

### What is Breast Cancer Screening?

Breast cancer screening external icon means checking a woman's breasts for cancer before there are signs or symptoms of the disease.

### Benefits of Breast Cancer Screening

- Screening can help doctors find and treat several types of cancer early, before they cause symptoms.
- Early detection is important because when abnormal tissue or cancer is found early, it may be easier to treat. By the time symptoms appear, cancer may have begun to spread and be harder to treat

### Limitation of Breast Cancer Screening

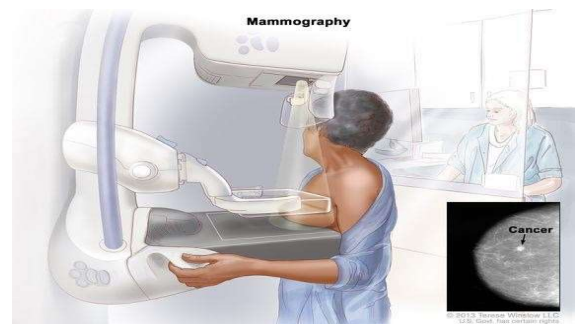
- No screening test is 100% accurate, but the scientific evidence tells us that having regular mammograms lowers the risk of dying from breast cancer.

### Frequency of screening:

- Women at average Risk:-
  - 20 – 39 years:-
    - Breast Awareness
    - Clinical Breast Exam every three years
  - ≥ 40 years
    - Breast Awareness
    - Clinical Breast Exam yearly
    - Mammography every two years
- Women at increased Risk
  - Breast Awareness
  - Clinical Breast Exam every 6-12 months
  - Annual Mammography screening
  - Annual MRI screening - as indicated
  - Referral to genetic counselor –for strong familial/genetic predisposition

### What is Mammography?

Mammography is the process of using low-energy X-rays to examine the human breast for diagnosis and screening. The goal of mammography is the early detection of breast cancer, typically through detection of characteristic masses or microcalcifications.





## BREAST CANCER SCREENING EDUCATION MATERIAL

### **Exclusion Criteria for Mammogram**

Breast Cancer Screening type of patients to be screened, and is defined to include all females aged 20 years and above, except where exclusion criteria for mammogram apply;

Females are excluded from mammogram screening if they:

- Have had a bilateral mammogram within the last 12-24 months;
- Have had a bilateral mastectomy;
- Are pregnant;
- Are breast feeding

Screening must not be carried out during pregnancy or lactation. Screening can be resumed around 6 weeks after the cessation of breast feeding;

Screening mammograms are carried out for healthy women, who have no symptoms of breast cancer;  
Cervical Cancer Screening Benefits:

Diagnostic mammograms are performed to evaluate a breast complaint or abnormality detected by clinical breast examination or routine screening mammogram;

### **Screening outcomes and referrals**

- You will be notified in writing of the result of your screening test within 15 working day (3 weeks) of the date of screening test;
- If mammogram is Normal/Benign, women are discharged to routine screening.
- If you requires further assessment for abnormal screening mammogram or clinical breast exam, referral will be done for further assessment and diagnosis;

### **Breast Self-Examination**

The best time to do a monthly self-breast exam is about 3 to 5 days after your period starts.  
Do it at the same time every month.

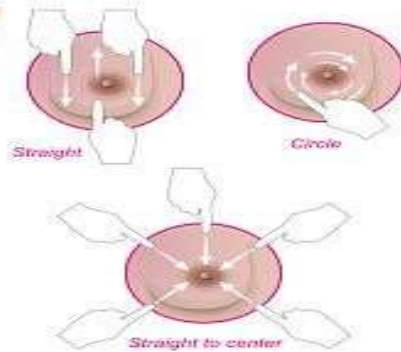


## Early Signs of Breast Cancer and Breast self-examination

- 1 A new lump**  
A new lump or thickening in the breast or armpit area
- 2 Nipple change**  
A newly invert (pulled in) or retracted
- 3 Skin change**  
A change in the skin colour of the breast area or nipple
- 4 Shape change**  
A change in the breast shape or size
- 5 Nipple discharge**  
A discharge from the nipple that occurs without squeezing



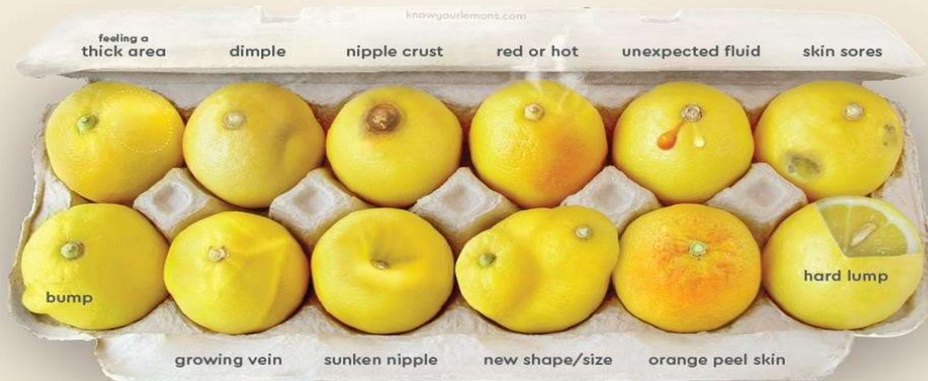
Mirror view



With fingertips close together, gently probe each breast in one of these three patterns:

### WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.











"A cancerous lump usually feels hard and immovable like a lemon seed. It can be any shape or size."



**How to do a breast self-exam:**

BREAST SELF EXAMINATION

By Looking	By Touching	While Lying Down
<p>Stand before a mirror and look at both breasts and nipples.</p>  <p style="text-align: center;"><b>Once with both arms beside your body</b></p>  <p style="text-align: center;"><b>Once with both hands on your hips</b></p>  <p style="text-align: center;"><b>Once with both arms raised and arms behind your head</b></p>	<p>Raise your left arm. Use the pads of your 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.</p>  <p style="text-align: center;"><b>Once in lines up and down your breast from outside to inside</b></p>  <p style="text-align: center;"><b>Once in circles around the breast making smaller circles towards the nipples</b></p>  <p style="text-align: center;"><b>Once in wedges starting from outside towards nipples and back again</b></p>	<p>Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side. This position flattens the breast and makes it is easier to examine.</p>  <p style="text-align: center;"><b>Lymph Nodes</b></p> <p>Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.</p>  <p style="text-align: center;"><b>An enlarged lymph node feels like a corn kernel or a bean</b></p>

*Any abnormalities should be reported to your doctor.*