

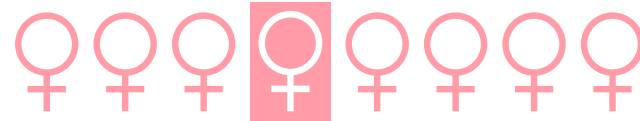
Making Breast Health a Priority

Breast Cancer Awareness

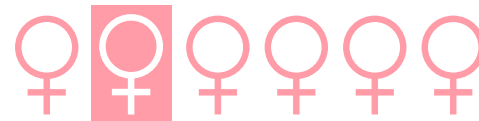
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Breast Cancer Impacts Millions of Lives

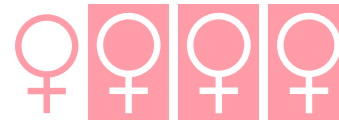
1 in 8 women in the US will be diagnosed with breast cancer in her lifetime



1 in 6 breast cancers occur in women ages 40-49



3 out of 4 women diagnosed with breast cancer have **no known risk factors, including no family history**



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Early Detection Saves More Lives

Annual screening mammograms help detect breast cancer early when it is most treatable

Women diagnosed Stage 0 or Stage 1 have a nearly 100% 5-year survival rate

Early detection means less invasive treatments, reduced healthcare costs, & more lives saved

With early detection, the 5-year survival rate for women diagnosed with breast cancer is 100%.

Stage	5-Year Breast Cancer Survival Rate
0	100%
1	100%
2	93%
3	72%
4	22%

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Annual Screening Mammograms Starting Age 40 is Key

- Annual screening mammograms starting at 40 years of age have reduced cancer deaths by approximately 40%*
- 3D digital mammograms show changes in the breast **up to 2 years** before the patient or physician may detect it through self or clinical exam
- Longer intervals between screenings can leave cancers undetected, putting more women at risk in every age group

Expected % of Women with Breast Cancer Whose Lives will be Saved by Screening Mammogram (vs no screening)*

Screening Interval	40-49 years old	50-59 years old	60-69 years old
1 Year	36%	46%	44%
2 Years	18%	39%	39%
3 Years	4%	34%	34%

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Breast Health Begins with Good Breast Awareness

How to Perform a Routine Self Breast Exam

- 

1

Look at your breasts in a mirror with arms by your sides and then with arms raised.
You should be looking for any skin changes such as dimpling, puckering, redness, change in your nipple, or anything coming out of them (and you're not breastfeeding).
- 

2

Feel your breasts while lying down.
Use the opposite hand to examine each breast with two fingertip pads, using small circular motions and covering the entire area of the breast (from outer armpits to the nipples, across to the space in between your breasts, and vertically from your collarbone to below the breasts).
- 

3

Feel your breasts while standing up.
This is easiest done in the shower especially with a little soap over the area which makes fingers slide over the tissue and lumps easier to feel.

Know your breasts! Monthly self breast exams starting in your 20's-30's will help you know what is normal for you

Good breast awareness helps you spot any breast concerns or changes including a worrisome lump, dimpling, or nipple discharge

If found, you should consult with your primary care or OB/GYN physician

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Consult with Your Physician at Annual Well Visit

A clinical breast exam can be performed by your Primary Care Physician or OB/GYN at your annual well visit

During well visit, discuss any potential risk factors for breast cancer (eg. family history), genetic testing if risk factors present, & when to start screening*

Guideline Recommendations Support Annual Screening for Women Starting Age 40 & in Consultation with their Primary Care or OB/Gyn Physician

	Age to Start	How Often
American Congress of Obstetricians & Gynecologists	40	Every year
American College of Radiology/Society of Breast Imaging	40	Every year
American Medical Association	40	Every year
National Comprehensive Cancer Network	40	Every year

**If known risk factors, your physician may recommend – & screening guidelines support – initiating screening earlier, for example, at age 35 years to establish baseline imaging &/or initiate genetic testing*

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What are Potential Risk Factors for Breast Cancer?

Modifiable

- Being overweight
- Lack of physical activity
- Poor diet
- Smoking
- Alcohol
- Hormone/Estrogen Use

Variable

- Breast density
- Age at birth of first child
- Breast feeding status
- Age at menopause

Non-Modifiable

- Family history & genetic factors (BRCA 1 or 2 gene mutation)
- Personal history of breast cancer
- Age – risk increases with age
- Race*
- Age of menstruation
- Chest radiation

**Higher incidences found in white, non-Hispanic women & African American women; lowest incidence in Asian women*

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The Difference Between Screening & Diagnostic Mammograms

Screening

Diagnostic

Women age 40+ with no breast problems	Women of any age with a breast symptom or concern
To check for cancer in women without symptoms; identify breast cancer early before it can be felt by a patient or physician	To investigate breast concerns such as lumps, thickening, nipple discharge, or a change in shape or size
No referral necessary	A Physician referral is required
3D mammogram* – advanced technology generates multiple images, allowing radiologists to view breast tissue in layers	Technology/tests determined by Radiologist & may include: 3D mammogram*, Ultrasound, MRI, &/or needle biopsy
Most insurance plans cover annually at 100% (no deductibles/copays)	Insurance coverage is variable depending on procedure; check with insurance provider to confirm

*3D digital breast tomosynthesis or 'tomo'

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What to Expect During a Screening Mammogram

- Check in & change into gown
- Technologist explains process so you know what to expect
- Technologist positions each breast for advanced 3D imaging which provides digital images of breast tissue
- Slight pulling & compression on breasts for only seconds; should not be painful
- Technologist confirms that images have been captured before you go
- Total time for screening appointment less than 30 minutes



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The Importance of a Healthy Lifestyle & Prioritizing Self-Care

We know it's a challenge to balance work-life demands & find time.

Please try to make self-care – including breast health – a priority!



Focus on 'modifiable' risk factors. Multiple studies have shown that there are things you can do at every age to help improve overall health, including breast health:

- Keep up with annual exams, including well visits & mammograms
- Eat a balanced diet
- Keep stress levels in check
- Exercise weekly

In fact, a recent study demonstrated that an active lifestyle can ultimately lead to better breast health & that exercising 3-4 hours per week can reduce your risk of breast cancer by ~20%.

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Be Your Own Best Breast Health Advocate

- Given the statistics on breast cancer, it's important to make breast health a priority at every age
- Good breast health awareness, clinical exams, & annual screening mammograms in combination can help detect breast cancer early on when it is most treatable
- Breast health experts recommend annual screening mammograms starting age 40 (or earlier if risk factors are present); initiate the conversation with your primary care physician or OB/GYN
- Be your own best advocate. Schedule your mammogram!

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Helpful Websites & Resources for Breast Health

- <https://www.womenshealth.gov/cancer/breast-cancer>
- <https://komencharlotte.org/>
- <https://www.cancer.org/cancer/breast-cancer.html>
- <https://www.webmd.com/breast-cancer/default.htm>
- <https://www.charlotteradiology.com/breast-services/>

Visit **CharlotteRadiology.com** for more information or to schedule your annual mammogram at any of our 15 convenient breast center locations.

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References

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US Breast Cancer Statistics www.breastcancer.org/symptoms/understand_bc/statistics

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ACOG: [www.acog.org/ACOG-Practice-Advisory on Breast Cancer Screening](http://www.acog.org/ACOG-Practice-Advisory%20on%20Breast%20Cancer%20Screening)

ACR/SBI: [www.jacr.org/article/S1546-1440/Position Statement on Breast Tomosynthesis](http://www.jacr.org/article/S1546-1440/Position%20Statement%20on%20Breast%20Tomosynthesis)

AMA: [www.ama-assn.org/resources/annual meeting revisions to AMA policy](http://www.ama-assn.org/resources/annual%20meeting%20revisions%20to%20AMA%20policy)

NCCN: www.NCCN.org; Guidelines version 1.2019 Breast Cancer Screening and Diagnosis

Intl Journal of Cancer 1996: 68:693-699 Breast Cancer Screening/Mammography in Women 40-49

American Cancer Society [www.cancer.org/cancer/breast cancer survival by stage](http://www.cancer.org/cancer/breast%20cancer%20survival%20by%20stage)

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