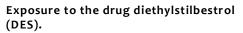
# Breast Cancer Screening Guidelines All women between 50-74 years old Get a mammogram every

#### 2 years

Mammograms cannot find all problems. Every woman should work with her provider to check her breasts.

- You could be at higher risk for breast cancer if:
- You are over 50, risk for breast cancer increases with age.
- Genetic factors such as inheriting the BRCA 1 or BRCA 2 mutation.
- Early onset menstruation (getting your period before age 12)
- Having dense breasts, dense breasts have more connective tissues than fatty tissue.
- Family history of breast cancer i.e. a mother, sister, or daughter who has been diagnosed.
  - Previous radiation treatments, your risk increases if you have had radiation treatment to the chest or breasts before age 30.



Call your provider or clinic if you notice any change in your breasts like:

\*\*\*\*\*\*\*

#### A lump

Thickening that feels like an orange skin

Liquid leaking from the nipple or changes in how the nipple looks

### Mammograms Save Lives!

Honor Every Woman supports women who need a



#### Contact us

bccedp@gptchb.org

Phone: 605.721.1922

Toll Free: 1.800.745.3466

2611 Elderberry Blvd Rapid City, SD 57703 Website:

http://health.gptchb.org/gpbccedp

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Brochure by: Terri Rattler and Brenna Lanoue

# Your Guide to Screening for Breast Cancer

Honor Every Woman







Great Plains
Breast and Cervical Cancer Early
Detection Program

"Hecel Oyate Kin Nipi Kte"

"So that the People May Live"

# What is Breast Cancer Screening?

There are many types of cancer screenings. A cancer screening is a test or medical procedure that can find cancer before symptoms appear.

Women ages 50- 74 should schedule a mammogram every 2 years to screen for breast cancer.

A mammogram is a low- dose x-ray that can find breast lumps when they are too small for a woman or her doctor to feel.

Why is getting a mammogram important?

# Mammograms Save Lives!

- Mammograms have reduce Breast Cancer by 40% in the United States since 1990. 1
- 65% of Women in the US have had a mammogram in the last 2 years. <sup>2</sup>
- If caught early, those who have had breast cancer have a 99% five year survival rate.<sup>3</sup>

Sources: Mammography Saves Lives Website, https://www.nammographysaveslives.org/facts.aspx; 2. Centers for Disease Control Website, https://www.cdc.gov/nchs/fastats/mammography.htm; 3 American Cancer Society Website, https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html

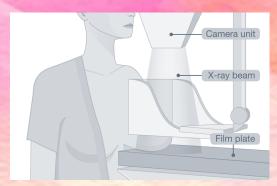
#### **Breast Cancer Risk Reduction Tips**



# **Mammogram Steps**



- 1. You will need to take off your shirt and bra, then put on a hospital top that opens in the front.
- 2. You will need to stand in front of the x-ray machine.
- 3. Your breast will be placed on the film plate.
- 4. A Clear plastic plate presses down on the breast for a few seconds. This will be uncomfortable.
- The radiologist will take several pictures of each breast.
- **6.** A specialist then looks at the x ray picture to see if there are any changes in the breast.
- 7. This whole process takes about an hour.



## **Prepare for a Mammogram**

#### G Spiritually Prepare by:

Saying a prayer, speaking with a spiritual advisor, talking to your mom, aunty, or sister about the appointment, and remember you are resilient and strong enough to get through this experience.

#### Physically Prepare by:

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Checking the appointment time and location, making sure you schedule within two weeks after your period, wear a two piece outfit, do not wear lotion, deodorant antiperspirant, or perfume.

A void caffeine two days before, and be ready to stand for about 15 minutes.



#### Mentally prepare by:

Thinking of some questions and writing them down, reading the Honor Every Woman fact sheets, practice deep breathing, and doing some research using .org, .edu, or .gov websites.

#### **Emotionally Prepare by:**

Remembering that you are setting a healthy example for the next generation, that any discomfort or embarrassment is temporary.