

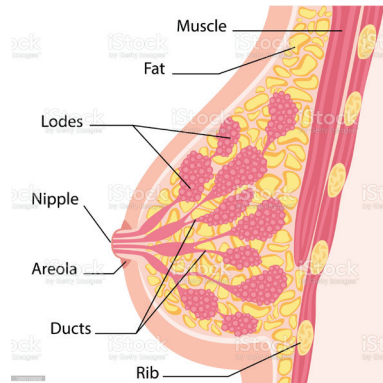
# Awareness is Power

## A Breast Screening Resource



## What is inside your breast?

- Complex structure lying on the chest muscles
- Two kinds of tissue: fatty and microgranular (milk glands and ducts)



## I found a lump, now what?

*Book an appointment with your doctor and make note of:*



- When and how you found it?
- Size and location
- Has it changed since you found it?
- Have you had pain, swelling, skin changes or nipple discharge?
- Have you had other symptoms like fever or weight loss?

## What does my doctor need to know to support my breast health?



- Age of first period and menopause
- Age at first child, number of children and breast-feeding history
- Hormone use
- Personal and family history of cancer – especially breast and ovarian
- Previous chest radiation
- Previous breast biopsies, breast imaging or breast surgery

## What will my doctor look for during a breast exam?



- Single, hard lump
- Irregular borders
- A lump that doesn't move around easily or changes the shape of the breast
- Skin dimpling
- Nipple retraction or deviation
- Thickened skin

## The scoop on breast imaging

Long Standing	New Advancements
Mammography	3D Mammography
Breast Ultrasound	Contrast Enhanced Mammography (CEM)
Breast MRI	

## Screening vs. diagnostic tests

Screening	Diagnostic
Regular imaging for individuals at average risk to look for early signs of disease before there are symptoms.	Assessment when there are symptoms or abnormalities.

**1 in 8** women will be diagnosed with breast cancer

**Breast screening is important to catch cancer early!**

Learn more about local breast care at the Norton & Lucille Wolf Breast Care Centre

[sjhc.london.on.ca/areas-of-care/breast-care-program](http://sjhc.london.on.ca/areas-of-care/breast-care-program)

