

# Breast Cancer

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## SELF BREAST EXAMINATIONS

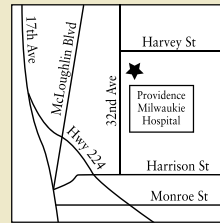
### IN THE SHOWER:

- Put one hand behind your head
- With finger pads of the three middle fingers, move your hand over the entire breast area.
- Use right hand for left breast, left hand for right.
- Use one of the three patterns: (circle, up & down or a wedge) to examine your breasts. Choose the pattern and technique your healthcare professional recommends at your clinical breast exam. Do it the same way each time.

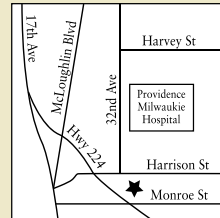
### LYING DOWN:

- Place a pillow or a towel under your right shoulder and your right hand behind your head
- Using your left hand, follow the same technique as in shower. Then lower your right arm slightly and with your left hand, check your right underarm.
- Check for lumps, knots or thickenings.
- Repeat on other side, using your right hand to check left breast and underarm.

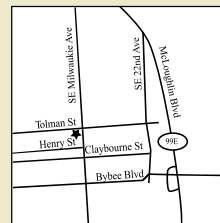
### NORTHWEST PRIMARY CARE LOCATIONS



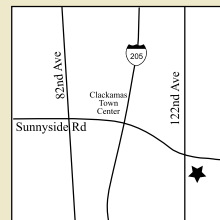
CLACKAMAS  
INTERNAL MEDICINE  
10024 SE 32nd Ave.  
Milwaukie, OR 97222  
(Patients 15 years and older)



MILWAUKIE  
FAMILY PRACTICE  
3033 SE Monroe St.  
Milwaukie, OR 97222



SELLWOOD/  
MORELAND CLINIC  
6327 SE Milwaukie Ave.  
Portland, OR 97202



TALBERT CENTER  
FAMILY PRACTICE  
12360 SE Sunnyside Rd.  
Clackamas, OR 97015

For appointments and assistance  
call 503.659.4988  
[www.nwpc.com](http://www.nwpc.com)



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## WHAT MAKES ME LIKELY TO GET BREAST CANCER?

Age is the biggest risk factor. The older we get, the more likely we are to develop any kind of cancer, including breast cancer. Women cannot change these risk factors. The best thing women can do to combat the risks of breast cancer is to do self breast examinations, have clinical breast exams every year and do annual mammograms starting at age 40. Finding breast cancer early is best detected using all three forms of examinations.

Breast cancer is not limited to women. Although men have much less breast tissue than women, they do have breast cells that can undergo cancerous changes. Women are about 100 times more likely to get breast cancer, but any man can develop breast cancer. Male breast cancer is most common among men between the ages of 60 and 70.

## WHAT IS A MAMMOGRAM?

A mammogram is a low-dose x-ray study of the breast tissue. These simple breast x-rays are quick, easy, and safe. Mammography is the best exam currently available to detect breast cancer in early stages. You and your doctor may feel a lump as small as a pea. But a mammogram can detect a cancer as small as a pin head. That may be up to two years before you can feel it.

## POTENTIAL RISKS FOR BREAST CANCER INCLUDE:

- Age
- Personal history of breast cancer or endometrial cancer
- Pre-cancerous cells in breast lumps
- Early first period and late menopause
- Obesity after menopause
- Recent use of oral birth control
- Never having children
- Having children after age 30
- Use of alcoholic beverages

## SYMPTOMS OF BREAST CANCER MAY INCLUDE:

- Breast mass or lump, hard knot or thickening
- Pain or tenderness in one spot
- Swelling, redness, or change in color
- Change in breast size or shape,
- Dimpling or puckering of the skin, or nipple
- Itchy, scaly sore or rash on the skin
- Nipple discharg

If you already have or begin to notice any of these symptoms, please schedule an appointment with your primary health-care practitioner as soon as possible.

## WHERE DO I GET MORE INFORMATION ABOUT BREAST HEALTH CARE?

- Northwest Primary Care at [www.nwpc.com](http://www.nwpc.com)
- National Cancer Institute's Mammography Information 1-800-422-6237
- American Cancer Society 1-800-227-2345 [www.cancer.org](http://www.cancer.org)
- Susan G. Komen Foundation (503) 552-9160 [www.komen.org](http://www.komen.org)
- Breast & Cervical Health Program (503) 742-5373 [www.co.clackamas.org](http://www.co.clackamas.org)

## REMEMBER

AMERICAN CANCER SOCIETY  
RECOMMENDS THAT WOMEN AGE 40  
AND OLDER HAVE A SCREENING  
MAMMOGRAM EVERY YEAR FOR EARLY  
BREAST CANCER DETECTION.

