

Breast Cancer Awareness

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08/20/2024

Performing a self-breast exam

1. Stand in front of the mirror without a shirt on to look at your breasts. Note the size and shape of each one. Place your hands on your hips and above your head to make sure you are able to see all of the areas of your breast. This technique allows for you to be able to see any lumps that are visible.

2. Lay down on a flat surface with your head propped up on a pillow, and one hand behind your head. With the other hand, take three fingers and either go in a circular or up and down motion, making sure to feel all of the areas of your breast. This will help you feel any lumps that you might not be able to see in the mirror.

Performing this self-exam, is highly recommended and aids in the early detection of diagnosing breast cancer. According to Dorwart, "Knowing why breast self-exams are important and how to perform one can help you stay informed about your breast health and know when to reach out for medical care" (Dorwart, 2023).

Other preventative measures:

- Limit or avoid alcohol
- Stay at a healthy weight
- Avoid birth control pills

What is Breast Cancer?

- Breast cancer occurs when the cells in the breast grow and multiply abnormally which can cause a tumor that spreads to other parts of the body.

Signs and Symptoms

- Lump in the breast that is different from the surrounding tissue
- Breast pain
- Discharge from the nipple
- Scaling or peeling of skin on breast

Treatment

Diagnostic Tests:

- MRI
- Breast ultrasound
- Mammogram
- Biopsy of breast tissue

There are several different treatment options offered:

- Surgery to remove the cancerous mass
- Radiation therapy
- Chemotherapy
- Targeted therapy
- Hormone therapy

Treatment is different for everyone, so talk to your HCP to find the best option for you.



Reminders:

Perform a self-breast exam every month, at the same time every month!

Contact your doctor if you notice any abnormalities!

Risk Factors

- Genetics plays a big role in risk for breast cancer. According to Monge, "People who inherit genes like BRCA1 and BRCA2 have a higher risk of breast and ovarian cancer" (Monge, 2022)
- Other risk factors include obesity, aging, female gender, and excessive alcohol use.

Works Cited

Monge, J. (2022). *Race & Vitamin D: Breast Cancer Risks to Watch For*. Life Extension the Science of a Healthier Life. https://www.lifeextension.com/news/vitamins/vitamin-d-breast-cancer-risks?msclkid=e4d93ea17ed717235ec558645e548f44&utm_source=bing&utm_medium=cpc&utm_campaign=Dynamic%20Search%20Ads%20-%20Remarketing&utm_term=vitamin%20d&utm_content=Vitamin%20D

Dorwart, L. (2023, August 4). *Why you should perform a breast self-exam and how to do it*. Health. <https://www.health.com/breast-self-exam-7564475>