

Native Women's Wellness through Awareness



Breast Cancer Screening Information

BREAST CANCER RISK FACTORS

BREAST CANCER SYMPTOMS

AT RISK FOR BREAST CANCER

MAMMOGRAM INFORMATION

BREAST EXAM INFORMATION

"POSSIBLE" BREAST CANCER RISK FACTORS FOR WOMEN

Breast Cancer is increasing every year among Native American Women


- We do not know how to "prevent" breast cancer ... yet
- We do know how to find breast cancer when it is just beginning to grow and when it may be cured.


Are increases in breast cancer due to:

 Eating a high fat/high calorie diet?

 Drinking alcohol?

"Cancer is treatable today"
Dr. Judith Kaur (Chocktaw/Cherokee)

 Not exercising like our ancestors did?

 Taking or have taken birth control pills for 6 months or more?

 Taking estrogen replacement therapy (ERT)?

 Not breast feeding any of their children?

"Keep that spirit up!"
Angela Russell (Crow)

*** We do not know yet, but these risk factors are currently being researched by scientists

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WHAT ARE COMMON BREAST CANCER SYMPTOMS?



A lump or thickening in the breast or under the arm

Most women's breasts become lumpy as they grow older ... if you practice Breast Self Exam(BSE), you know what your breasts normally feel like and would recognize an unusual lump or thickness.



A change in the size or shape of the breast

Sometimes women notice that one breast is becoming larger or bulges where there weren't bulges before.



Discharge from the nipple.

The nipple drains some type of liquid. The liquid or discharge may be clear, or yellowish.

*"Don't give up!"
Mary Lou Davis (Caddo/Cherokee)*



A change in the color or feel of the skin of the breast or the skin around the nipple; this may be dimpling, puckering or scaliness of the skin.

The skin feels differently than it used to ... the "dimples" look like dimples that some people have on their faces when they smile, but they appear on the breast.



Other changes in skin color or texture, such as "orange peel" skin.

The skin itself feels rougher and scallier.



Swelling, redness or feeling of heat in the breast

The swollen area feels hot to the touch.

*"Life does get better!"
Martha Red Willow (Oglala Sioux)*

Note to the reader: If you notice any of these changes, don't panic (and don't be upset) but do have your breast(s) checked by your health care provider as soon as possible.

BREAST CANCER SYMPTOMS






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WHO MIGHT BE AT RISK FOR BREAST CANCER ?

"Cancer has no prejudice!"
Martha Red Willow (Oglala Sioux)

-  Any woman as she grows older, especially over the age of 50.
-  Women who have a family history of breast cancer (mother, sister or daughter).
-  Women who have had other cancer(s) (e.g., breast, lung, ovary, colon).
-  Women who have symptoms (e.g., lumps, dimpling, or nipple discharge).
-  Women who have experienced early menstruation/"moon" (before age twelve).

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-  Women who experience a late menopause, a time when their menstruation "moon" stops (e.g., in their fifties).
 -  Women who had their first birth after age 30 or women who never gave birth.
 -  Women who are obese might find it hard to identify breast changes.

* If you have one or more of these risk factors for breast cancer, this does NOT mean that you have breast cancer or will develop it. It means that you need to talk with your health care provider about these breast changes and set up a personal schedule for finding changes as early as possible through monthly breast self exams, annual clinical breast exams by your health provider, and mammograms.

Breast cancer is the most common type of cancer found in American Indian Women

Native American Women are generally diagnosed in the late stages of the disease

75% of breast cancer patients have no known risk factors

AT RISK FOR BREAST CANCER

MAMMOGRAM INFORMATION

MAMMOGRAPHY INFORMATION




MAMMOGRAMS

"I think those mammograms are vital for early detection!"
Mary Lou Davis (Caddo/Cherokee)






WHAT IS A MAMMOGRAM ?

A Mammogram is a safe X-ray of each breast which can help find breast cancer at a very early stage.

WHAT DOES A MAMMOGRAM DO ?

-  It can find a tumor that is the size of the period at the end of this sentence.
-  It can find cancer before there are symptoms.
-  It can find the cancer about 90% of the time.

WHEN YOU HAVE A MAMMOGRAM:

-  The machine presses paddles against the top and bottom of the breast when the X-rays are taken. Then the machine presses the breast from side to side to help check your lymph nodes.
-  You may feel some discomfort from the paddles pressing on your breasts, but this does not last long.
-  The amount of radiation you are exposed to is the same as when you take a 30 minute walk in the sunshine.
-  It only takes about 15 minutes to have a mammogram.
-  You can feel a sense of empowerment in taking care of your health.

Breast cancer is more likely to be cured if it is diagnosed and treated early

Although national guidelines no longer include BSE, it is important for you to know how your breasts feel and change; share this knowledge with your provider. Linda B

BREAST SELF EXAM

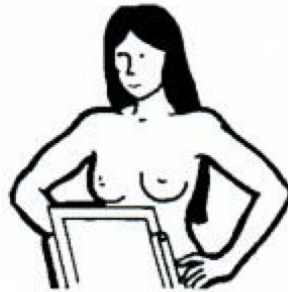


Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with the left breast.



In the shower.

Raise the arm with the fingers flat, touch every part of each breast, gently feeling for a lump or thickening.



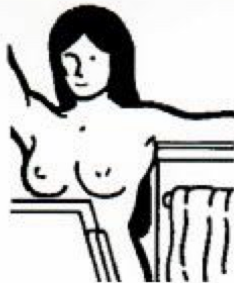
Before a mirror:

With arms at your sides, then raised over your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.



Lying down.

Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.



With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.

"Breast Cancer has to be stopped and we are the only ones who can stop it because we examine our own breasts!"
Patricia Horse Johnson (Kiowa)



CLINICAL BREAST EXAM

SEE A DOCTOR OR NURSE FOR A BREAST EXAM

- fast
- easy
- doesn't hurt



MAMMOGRAM

If you're over 40:

ASK FOR A MAMMOGRAM

(X-ray picture of the inside of your breast)

**Find Cancer Early to save your life
...It could save your breast.**