



Western
Health

Breast Health

For Women 35+

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Objectives:



You will know:

- What Breast Health is all about
- Risk factors for breast cancer
- Positive lifestyle changes to promote Breast Health

Breast Health:

- Being familiar with your breasts.
- Know how they normally look and feel.
- If a change occurs that concerns you, and it doesn't go away, see your health care provider.



Breast Cancer:

- Continues to be the most common cancer diagnosed in women.
- The incidence rate is increasing among women over 50.
- There has been a decline in the mortality rate for women since the mid-1980s.
- 1 In 9 Canadian women will develop breast cancer in her lifetime.

In 2012...

- it is estimated that 22,700 women in Canada will be diagnosed with breast cancer and that 5100 women will die.
- in NL, it is estimated that 330 will develop breast cancer and that 90 women will die.

Risk factors:

- Researchers are not certain of the direct causes of breast cancer.
- Some proven risk factors have been identified.
- Suspected or possible risk factors.
- Having breast implants, to change the size or shape, or to rebuild a breast after surgery, is not a risk factor in breast cancer.

Known Risk Factors:



- Gender: 99% occurs in females
- Age: risk increases with age
- Early menstruation (before 12)
- Late menopause (after 55)
- Having first baby after age 30
- Having a close relative with breast cancer
- Being physically inactive
- Being overweight

Possible Risk Factors:

- Not eating enough fruits and vegetables
- Drinking too much alcohol
- Never breastfeeding
- Smoking tobacco
- Taking birth control pills

Breast Health Practices:



Breast Self Examination (BSE):

A way of using your hands and eyes to examine your breasts.

Step 1 - Examine while in the bath or shower

Step 2 - Visual inspection

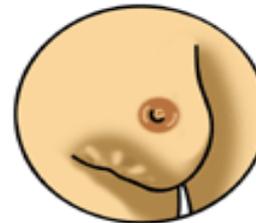
Step 3 - Examine while lying down

BSE:

Look for changes in Breast such as:



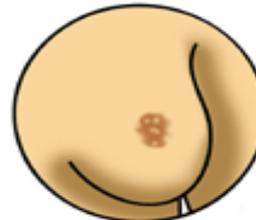
Lump



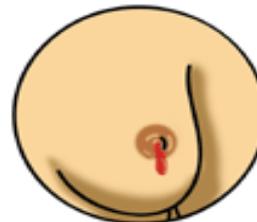
Skin dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple.



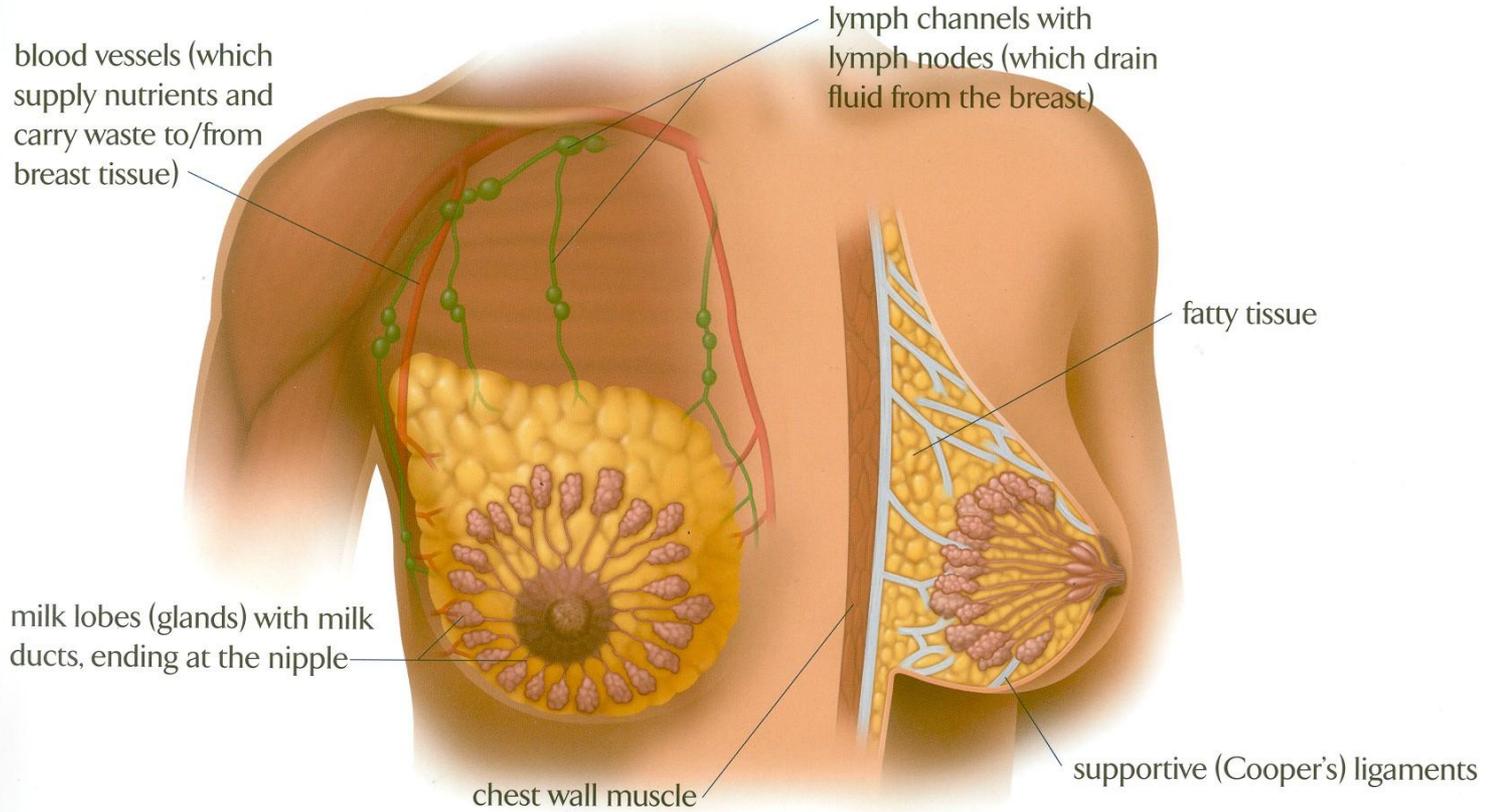
Clear or bloody fluid that leaks out of the nipple

BSE:

1. Place your left arm above and behind your head. Use three middle fingers of your right hand, press your breast against your chest wall.
2. In a circular motion, feel small portions of your left breast, going around until you have covered the entire breast and underarm. Do it slowly.
3. Repeat again with the opposite side.

4. Start at the outermost top edge of your breast and spiral toward the nipple.
5. Feel for hard lumps or bumps in your breast.
6. Gently squeeze both nipples and look for discharge.
7. Look for changes in the size and shape of each breast (dimpling or changes in skin texture).

The Healthy Breast



BSE Methods:

Clock Pattern



Circle Pattern



Grid Pattern



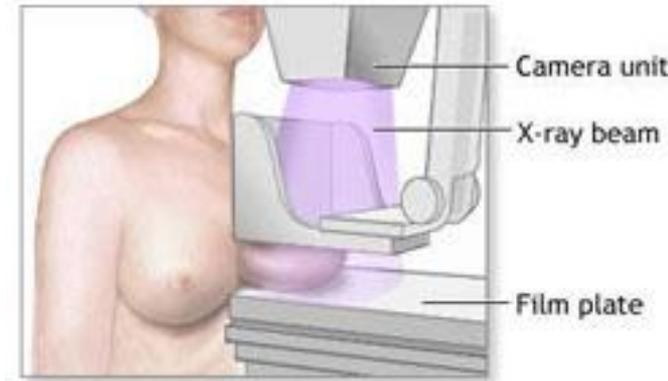
Clinical Breast Examination:

- A breast examination done by a trained health care provider.
- Recommended for those over the age of 40.
- Check with your health care provider.



Mammography:

- A low dose x-ray of the breasts to detect changes.
- There may be some discomfort as the breast is pressed between two plastic plates.
- It is recommended women between the ages of 50-69 have a mammogram every 2 years.
- For some it may be more frequent.
- Call the Breast Screening Centre to book your appointment: 634-8558.



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position

Breast Health Facts:

- No method is 100% effective.
- 70 - 80% of breast lumps are detected by women themselves.
- 80% of breast lumps are not cancerous.
- The use of all 3 methods consistently provides the best opportunity for early detection.
- Breast cancer, when detected early and treated promptly, can be beaten.

Positive Lifestyle Changes:

- Be physically active
- Lose excess weight
- Eat more fruits and vegetables
- Limit your intake of alcohol
- Breastfeed your baby
- Quit smoking



Prognosis:

- While the incidence of breast cancer is increasing the mortality rate has decreased since the 1980s.
- Women are living longer with breast cancer.



Summary:

- Breast Health
 - Breast Self Examination
 - Clinical Breast Examination
 - Mammogram
 - Positive lifestyle changes