

# Don't be Scared by Breast Cancer

**A** afraid to get a mammogram because you have heard that it may hurt? Scared that you might receive bad news? No need to delay screening because of fear! There are some quick and easy things that you can do — regular exams and mammograms — that can result in wonderful treats — peace of mind and a happy, healthy long life! And YOU can help scare cancer away! Physician breast exams and mammograms can lead to the early diagnosis and treatment of breast cancer that save millions of lives every year. Over two million female breast cancer survivors are alive today. Although more people are diagnosed with breast cancer now, fewer die from the disease. The main reason: women have overcome their fears, and have sought regular exams and mammograms leading to early detection, which generally leads to early treatment — when it can achieve the best results. Women who are diagnosed while breast cancer is still confined to the primary site have a five-year survival rate of over 98%!

## Un-Mask Breast Cancer and Help “Scare” it Away:

### Do Self-Exams

- Starting at about age 20, you may do self breast exams (BSE's) using your hands alone, or with a self-exam aid. You'll get to know how your breasts normally look and feel. For complete instructions, go to the American Cancer Society website at [cancer.org](http://cancer.org) and type “How to perform a breast self-exam” into the search box.
- If you notice any changes to your breasts, make an appointment with your doctor as soon as possible. Note: BSE's should not take the place of other screening exams.

### Get Clinician Breast Exams

- From age 20 to 39, get a breast exam from your physician or other qualified clinician at least once every three years.
- Annually after that.

### Get Screening Mammograms

- Start at age 40 with a baseline screening mammogram, unless your risk factors indicate you should begin earlier.
- Every year thereafter.

For more information on how to protect your health for a lifetime visit [spiritofwomen.com](http://spiritofwomen.com)

Sources: American Cancer Society at [cancer.org](http://cancer.org); The Office on Women's Health at [womenshealth.gov](http://womenshealth.gov); National Cancer Institute at [cancer.gov](http://cancer.gov), & [seer.cancer.gov](http://seer.cancer.gov).



St. Luke's Hospital Breast Care Center:  
(314) 205-6491