

Breast Health

What is it?

- **Mammogram**- a breast X-Ray that can detect breast tumors too small to be detected by clinical breast exam or breast self-exam, mammogram save lives
- **Breast Cancer**- common, rarely a serious problem

Signs and Symptoms:

- **Breast Pain**- may be due to pregnancy, stress, estrogen therapy, medications
- **Cyclic Pain**- sore, achy breasts
- **Noncyclic Pain**- sharp and burning pain, not associated with menstrual cycles, usually on 1 side up or down the arm
- **Bloating**- weight gain, need to leave off salty foods- soups, bacon, ham, sausage, any tomato based canned or frozen food, pizza, lasagna, pickles, cheese, many other see Low Sodium Diet

Facts:

- **Breast Cancer in Women**- second leading cause of cancer deaths
- **Detected Early**- can be cured
- **Risk Factors**- > 50 years of age, if a member of your family had breast cancer before menopause talk with your Physician
- **Yearly Mammogram**- reduce breast cancer by 1/3 for women > 50
- **Rare**- < 50 years of age
- **Before Menstrual Periods**- breasts are sore, achy, or heavy a week before their period (Cyclic Pain) and end at the end of their period, caused by hormonal changes, ends with menopause

What can I do?

- **See your Health Care Provider**- Mammogram before 40 if family member as stated above
- **See RD for help as needed**
- **3 Methods of Early Detection**- Breast self-exam, clinical breast exam, mammogram- 1 to 2 weeks after period, **AVOID-perfumes, deodorant, lotion**
- **Maintain**- a exercise program, healthy eating habits, prevent sexually transmitted diseases, manage stress, massage therapy
- **Yearly Mammogram**- if cancer in 1 breast, age 50 or older

