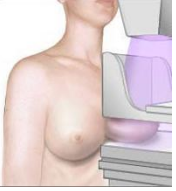


# Breast Screening

## What is it?

- **HALO** – the early warning system that looks for abnormal cells years before they might turn into a cancerous lesion, used for women as young as 25; non-invasive, objective, reputable, takes about 5 minutes
  - **Collects**- nipple aspirate fluid for analysis, safe and effective
- **Mammogram** – an X-ray of the breast used to screen for breast cancer
- **Breast Ultrasound**- uses sound waves to produce images of structures deep within the body, used for a fluid-filled cyst
- **MRI/Breast Magnetic Resonance Imaging**- creates a picture of the interior of the breast from an injection of dye
- **CBE/Clinical Breast Exam**- the health professional will feel the breasts and under the arms for lumps or an usual feelings
- **Biopsy**- removing a sample of breast cells for testing to help determine if cells are cancerous or not; sent to a lab for testing, to analyze the type of cells involved in breast cancer, the aggressiveness of the cancer and if the cells have hormone receptors
- **Tissue Sampling**- taking breast tissue to examine under a microscope, abnormal cells in breast fluid has been linked to breast cancer in some studies, fine needle aspiration, nipple aspiration and ductal lavage



## Facts:

- **Tests & Procedures Used to Stage Breast Cancer**- blood tests as complete blood count, mammogram, chest X-ray, breast MRI, bone scan, computerized tomography (CT) scan, positron emission tomography (PET) scan
  - **Breast Cancer Stages**- ranges from 0 to IV, with 0 indicating that cancer is very small and noninvasive, Stage IV is metastatic breast cancer and has spread to other areas of the body

## What can I do?

- **See your Health Care Provider**- for more information
  - **ACS/American Cancer Society**- 1800-ACS-2345 (Toll-Free)
- **See a Registered Dietitian**- for help as needed

