

Breast Cancer Prevention and Screening

Except for skin cancer, breast cancer is the most common cancer in women in the United States.

UNITED STATES STATISTICS (2016 CDC REPORT):

- Breast cancer is the most common cause of death from cancer among Hispanic women. It's the second most common cause of death from cancer among white, black, Asian, and American Indian women.
- 41,487 women died of breast cancer.
- For every 100,000 women, 124 new breast cancer cases were reported.
- More than 245,000 cases of breast cancer were diagnosed in women, and 2,200 in men.

MINNESOTA STATISTICS:

- 4,274 Minnesota residents were diagnosed with breast cancer in 2016.
- 599 Minnesota residents died of breast cancer in 2016.
- For every 100,000 women, 128 new breast cancer cases were reported.

WHAT TO LOOK FOR IN A SELF-EXAM:

While other conditions can cause these symptoms, if you have any signs that worry you, call your doctor right away. Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or shape of the breast
- Pain in the breast

SCREENING:

A screening program provides an opportunity to work with individuals to meet the following objectives:

- Provide education on breast cancer and ways to help prevent the incidence of breast cancer
- Provide information on access to Cancer Screening and Cancer Care in the local area

MAMMOGRAM PARTY:

A mammogram party was provided on Thursday, November 7, 2019 by the Carris Health Willmar Clinic imaging department.

Attendees who signed up had their annual screening mammogram. Screening mammograms can show changes within the breast that cannot always be felt by a physician or the patient.

That evening, 22 women were screened. Out of those 22, ten were baseline mammograms (first ever mammogram for the patient).

After completion of the screening, 1 follow up appointment was scheduled for a diagnostic mammogram.

EDUCATION AND TIPS:

Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways:

- Keep a healthy weight
- Exercise regularly (at least four hours a week)
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day
- Avoid exposure to any carcinogens
- Try to reduce your exposure to radiation during medical tests like mammograms, X-rays, CT scans, and PET scans
- If you are taking, or have been told to take, hormone replacement therapy or birth control, ask your doctor about the risks and find out if it is right for you
- Breastfeed your babies, if possible

RESOURCES:

CDC - Basic Information About Breast Cancer. Breast Cancer, Centers for Disease Control and Prevention, 26 July 2019, www.cdc.gov/cancer/breast/basic_info/index.htm.

CDC - Breast Cancer Statistics. Breast Cancer, Centers for Disease Control and Prevention, 28 May 2019, www.cdc.gov/cancer/breast/statistics/index.htm

CDC - United States Cancer Statistics: Data Visualizations. Cancer, Centers for Disease Control and Prevention, June 2019. gis.cdc.gov/Cancer/USCS/DataViz.html



YOU'RE INVITED TO A

Girls Night Out Mammo Party!

Thursday, November 7th | 4:30 – 7:30 pm
Carris Health - Willmar Main Clinic

- Enjoy massages, nail polish strips by Color Street, music, munchies and more!
- Each attendee receives a free "swag bag" and the opportunity to win door prizes!
- Free gift for women receiving their very first mammogram!
- Open to all Carris Health employees. Only 24 spots available!
- Mammograms available every 15 minutes
- Representatives from Carris Health Cancer Center

*Complimentary services may vary.

WHO CAN ATTEND?

Attendees who sign up will have their annual mammogram that evening. Having a routine annual screening mammogram can show changes within the breast that cannot always be felt by the physician or patient.

Participants should follow these criteria:

- Age 35+ for baseline mammogram
- Age 40+ for routine screening mammogram
- Have not had a mammogram in the last year
- Completely asymptomatic (no lumps, pain or nipple discharge)
- Your insurance will be billed appropriately. 3D mammography is our standard of care. We recommend checking with your insurance company to verify your mammogram coverage. 2D mammogram is still available.

Be proactive about your health! Call today to reserve your appointment for your annual screening mammogram and enjoy the company of your friends in a fun, easy and relaxing atmosphere!

Appointment times are limited, call 320-231-6776.

