

Detecting Breast Cancer

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Giving yourself a breast exam is quick, easy and effective, it can save your life!

How effective?



40%

of breast cancers are detected by women who feel a lump



70%

Breast self exam is 70% effective in detecting abnormalities

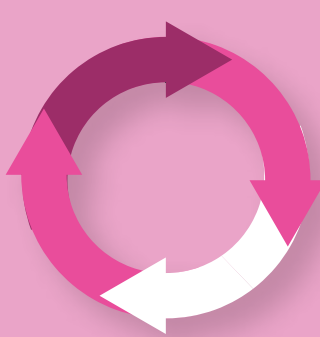


78%

of breast cancer feels like a hard rock in the breast

How to do a self exam

- 1 Put your hand behind your head to make sure that the breast tissue is properly spread out.



- 2 Press gently while moving your fingers in a circular fashion. From the outside of the breast to the nipple.

- 3 Repeat on the other side



Adult women of all ages are encouraged to perform breast self-exams at least once a month.

Am I at Risk?

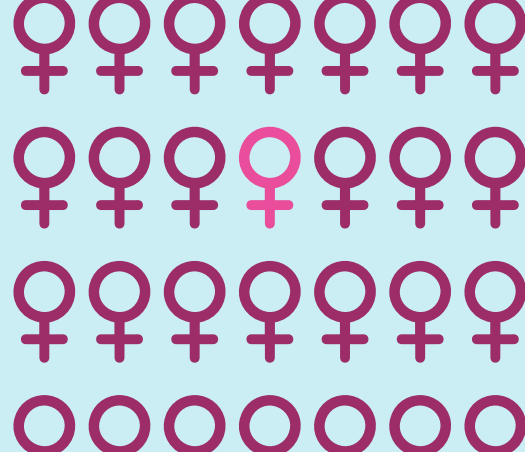
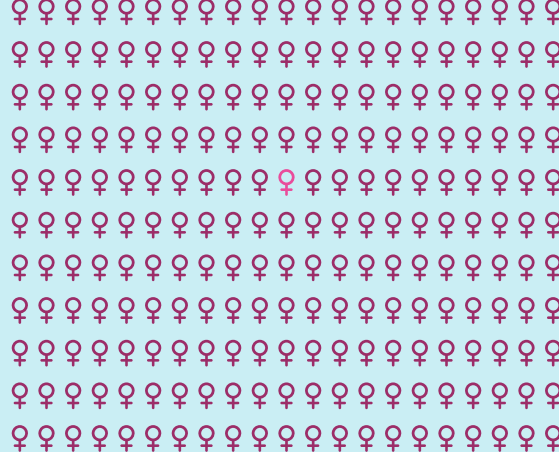


1 in 8 women develop breast cancer over the course of their lifetime

Risk increases with age

By 30

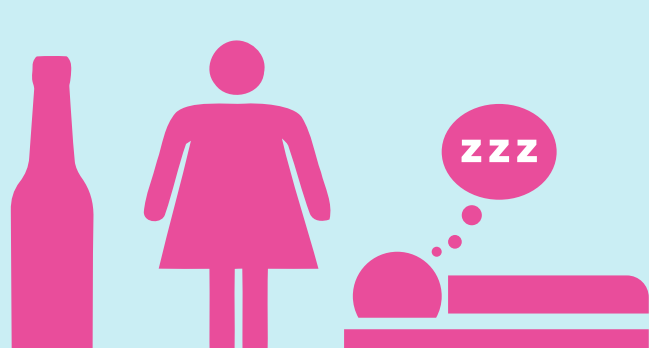
By 70



1/233

1/27

Other factors



You are at high risk if you drink alcohol, are overweight, or inactive

Family matters

20-30%

of women who develop breast cancer have a family history of the disease

I found a lump!

Now what do I do?



If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. Your doctor may recommend that you see a radiologist for a mammogram. Don't put it off. Annual mammograms are an extremely important part of your preventive healthcare. When choosing a center for your mammogram, research the team of specialists that will be performing and interpreting your exam, as well as the equipment being used. The best equipment and the best interpretation can lead to the best outcomes. Early detection can save lives.

88%

THE SURVIVAL RATE FOR CANCER DETECTED AT STAGE 1

Call us today at (732) 223-XRAY (9729) to schedule your mammogram appointment.



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