

EARLY DETECTION

FREQUENTLY ASKED QUESTIONS ABOUT EARLY DETECTION

Q. *Who is at risk for developing breast cancer?*

- A.** The two most significant risk factors for developing breast cancer are being female and getting older.

Q. *Are there other risk factors for breast cancer?*

- A.** Yes, they include:
- A family history of breast cancer
 - Having had breast or ovarian cancer
 - First child after the age of 30
 - Never having children
 - Reaching menopause at age 55 or older
 - Beginning your menstrual cycle at age 12 or younger

Q. *What can I do to detect breast cancer early?*

- A.** Currently, the best way to detect breast cancer early is by following the three-step approach for good breast health.
1. Monthly breast self-exams (BSE) by the age of 20.
 2. Clinical breast exam (CBE) by a healthcare provider every three years for women ages 20-39.
 3. Clinical breast exam (CBE) by a healthcare provider every year and a mammogram every year for women ages 40 and older.

These guidelines are for women with no known risk factors. Women with breast health concerns and/or a family history of breast cancer should consult a healthcare provider.

10% - 15% of breast cancers are not detected by mammography.

Men are also at risk for developing breast cancer. A breast lump or change in a male breast needs to be examined by a healthcare provider immediately.

Q. *If I have breast cancer, will I lose my breasts?*

- A.** Due to early detection, many new treatment options are available which include saving a woman's breasts.

Breast cancer caught early can be treated successfully, increasing the chances of long-term survival. However, you must get screened each year to detect any abnormalities at an early stage.

THREE-STEP APPROACH TO BREAST CANCER EARLY DETECTION

1. MONTHLY BREAST SELF-EXAMINATION (BSE)

FREQUENTLY ASKED QUESTIONS ABOUT BSE

Q. *What is Breast Self-Examination?*

- A.** The technical skill of inspecting and palpating your own breasts. A BSE helps you learn more about your breasts and how they normally feel.

Q. *When should I start doing a breast self-examination?*

- A.** Monthly breast self-examinations should begin by age 20.

Q. *When should I do a breast self-examination?*

- A.** Women should examine their breasts when they are least tender, usually seven days after the start of the menstrual period. Women who have entered menopause, are pregnant, breastfeeding, or who have implants should continue to examine their breasts once a month. Women who are breastfeeding should examine their breasts when all of the milk has been expressed. If a woman discovers a lump or detects any changes (dimpling skin, discharge, lumps, etc.) in her breasts, she should seek medical attention. Eighty percent (80%) of breast lumps are not cancerous.

Q. *How do I do breast self-examination?*

- A.** Ask your healthcare provider to instruct you on proper breast self-examination technique.

2. CLINICAL BREAST EXAMINATION (CBE)

FREQUENTLY ASKED QUESTIONS ABOUT CBE

Q. *What is a clinical breast examination?*

A. A clinical breast examination is the external visualization and palpation of your breasts by a healthcare professional. Your healthcare provider will examine your breasts carefully, looking for changes such as dimpling, scaling, or puckering; discharge from the nipples; and differences in appearance, size, or shape between the two breasts. The next step is palpation - using the pads of the fingers, your healthcare provider will carefully examine the underarm and collarbone areas, and both breasts.

Q. *When should I get a clinical breast examination?*

A. Get a clinical breast examination by a healthcare provider at least every 3 years beginning at age 20 and every year after age 40.

3. MAMMOGRAPHY

FREQUENTLY ASKED QUESTIONS ABOUT MAMMOGRAPHY

Q. *What is a mammogram?*

A. A mammogram is a safe x-ray of your breast that looks for breast cancer too small for you and your doctor to feel. Up to 97% of breast cancers can be treated successfully if they are found early and have not spread beyond the breast. If your healthcare provider does not suggest a mammogram, ask for one.

Q. *What are the two types of mammograms?*

A. The two types of mammograms are a screening mammogram and a diagnostic mammogram.

A **screening mammogram** is used to evaluate a woman who is not currently experiencing breast problems. A radiologist looks for any abnormality that may indicate an early sign of breast cancer.

A **diagnostic mammogram** is used to evaluate the breasts of a woman who has symptoms of disease such as a lump, or whose screening mammogram showed an abnormality.

Q. *When should I have a screening mammogram?*

A. Beginning at age 40, get a screening mammogram every year.

Q. *Where do I get a mammogram?*

A. For a referral to a Food and Drug Administration (FDA) certified facility, please call (888) 463-6332.

Q. *Does having a mammogram hurt?*

A. Most women do not find having a mammogram painful. However, it can be uncomfortable.

Q. *If no one in my family has had breast cancer, do I need a mammogram?*

A. Yes. Although having breast cancer in your family increases your risk, 3 out of every 4 women diagnosed with breast cancer do not have a family history of breast cancer.

Q. *Can the radiation from a mammogram cause breast cancer?*

A. Modern mammography equipment uses very small doses of radiation and does not cause an increased risk of breast cancer.

Q. *Do I need to get a mammogram only once?*

A. No. In order to detect changes early, you must have regular mammograms, once a year beginning at the age of 40.

Q. *If I am 65 years or older, should I have a mammogram?*

A. Yes. Yearly mammograms are very important for women 65 years and older because women in this age group are six times more likely to develop breast cancer than young women.

Q. Can I afford a mammogram?

- A.** Most insurance companies pay for screening mammograms, and there are many low- and no-cost programs available; Medi-Cal and Medicare also cover clinical breast exams and mammograms, as well as other preventive services.

Medicare covers most of the cost of annual screening mammograms for all women, with Medicare, who are aged 40 and older. If your doctor refers you for more frequent screening, Medicare will pay for an additional mammogram at any time. For more information about Medicare coverage, call 1-800-633-4227 (1-800-MEDICARE) or visit the web site at www.medicare.gov

BREAST HEALTH INFORMATION RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

The American Cancer Society provides free information regarding breast cancer screening guidelines.

YWCA ENCORE^{Plus} Programs

A breast and cervical cancer outreach and education program that navigates women through the health care system to assure that women receive high quality, affordable care. This program also provides breast health education, information and referral services.

YWCA of Glendale..... **818-242-4155, ext. 235**
735 E. Lexington Drive, Glendale, CA 91206
www.glendaleywca.org

YWCA of the Harbor..... **310-547-0831**
437 W. 9th Street, San Pedro, CA 90731
www.ywcaharbor.org

YWCA of Santa Monica/Westside..... **310-452-3881**
2019 14th Street, Santa Monica, CA 90405
www.smywca.org

DIAGNOSTIC PROCEDURES

If your breast self-examination, clinical breast examination or mammogram reveals any unusual findings, you may need to follow-up with one or more of these diagnostic procedures:

Core Biopsy: A non-surgical procedure where a cutting needle is used to remove a sample of tissue from a breast lump.

Computerized Axial Tomography Scan (CAT Scan): A procedure in which multiple x-rays are taken of all or part of the body to produce an image of internal organs. Except for an injection of a dye (needed in some but not all cases), this is a painless, non-invasive procedure.

Digital Mammography: An x-ray mammography system that produces digital images using a computer receptor in contrast to images produced on radiographic film.

Fine Needle Aspiration (FNA): Cells are removed with a small needle and examined under a microscope.

Incisional Biopsy: The surgical removal of a portion of an abnormal area of tissue, by cutting into (incising) it, for microscopic examination.

Magnetic Resonance Imaging (MRI): An imaging technique that uses a powerful magnet to transmit radio waves through the body. The images appear on a computer screen as well as on film. Except for an injection of dye (needed in some cases) this is a painless, non-invasive procedure.

Positron Emission Tomography (PET): The PET machine is used to detect how fast the body uses glucose. If glucose is being consumed faster in certain parts of the body than others, it may indicate the presence of a cancerous tumor. Except for an injection of radioactive material mixed with glucose, this is a painless, non-invasive procedure.

Stereotactic Needle Biopsy: A minimally invasive, radiologically (x-ray) guided procedure that helps physicians locate breast abnormalities and obtain tissue samples for diagnosis with a large core needle.

Ultrasound: A painless imaging technique in which sound waves are directed toward the breast and the echo waves are then analyzed.

BREAST CANCER SCREENING AND DIAGNOSTIC PROGRAMS

STATE PROGRAMS:

Cancer Detection Programs: Every Woman Counts..... 800-511-2300

www.dhs.ca.gov/cancerdetection

Part of the California Department of Public Health, Cancer Detection Section, this program helps underserved women receive free breast and cervical cancer screening and diagnostic services. To qualify for breast services, a woman must meet 3 criteria: age of 40 years or older, income at or below 200% of the federal poverty level, and either uninsured or underinsured. The 800 statewide number above will provide referrals to local providers. Operators speak English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

Family PACT..... 800-942-1054

Women enrolled in the Family Planning Access, Care and Treatment program between the ages of 40-55 are eligible to receive an annual screening mammogram. After receiving a clinical breast examination from their primary care provider, they may have a screening mammogram done by any radiology provider who accepts Medi-Cal.

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES:

LAC+USC Healthcare Network..... 800-383-4600

Edward R. Roybal Comprehensive Health Center

245 S. Fetterly Avenue, Los Angeles, CA 90022

El Monte Comprehensive Health Center

10953 Ramona Blvd., El Monte, CA 91731

H. Claude Hudson Comprehensive Health Center

2829 S. Grand Avenue, Los Angeles, CA 90007

LAC+USC Medical Center

1240 N. Mission Road, Los Angeles, CA 90001

Harbor-UCLA Medical Center (Breast Center)..... 310-222-3476

1000 W. Carson Street, Torrance, CA 90509

Hubert H. Humphrey Comprehensive Health Center 323-846-4312

5850 S. Main Street, Los Angeles, CA 90003

Long Beach Comprehensive Health Center 562-599-2153
1333 Chestnut Avenue, Long Beach, CA 90813

Olive View - UCLA Medical Center (Screening Info) 818-364-4096
14445 Olive View Drive, Sylmar, CA 91342

ValleyCare Mid-Valley Comprehensive Health Center 818-947-4000
7515 Van Nuys Blvd., Van Nuys, CA 91405

***OTHER LOW AND NO-COST BREAST CANCER SCREENING AND
DIAGNOSTIC RESOURCES***

**Centinela Hospital Medical Center
Centinela Campus (Breast Center)** 310-419-8647
935 S. Flower Street, Inglewood, CA 90301

**Hollywood Presbyterian Medical Center
Health Screening and Education Center** 323-913-4817
1300 N. Vermont Avenue, Los Angeles, CA 90027

Los Angeles Free Clinic (Appointment Line) 323-653-1990
6043 Hollywood Blvd., Los Angeles, CA 90028
5205 Melrose Avenue, Los Angeles, CA 90038
8405 Beverly Blvd., Los Angeles, CA 90048

**Presbyterian Intercommunity Hospital
Patricia L. Scheifly Breast Health Center** 562-907-0667
12393 Washington Blvd., Whittier, CA 90602

Santa Monica-UCLA Women's Imaging Center 310-319-5164
1245 16th Street, Suite 110, Santa Monica, CA 90404

Sheila R. Veloz Breast Imaging Center 661-253-8822
23929 McBean Parkway, Bldg. F #101, Valencia, CA 91355

Venice Family Clinic 310-392-8636
604 Rose Avenue, Venice, CA 90291

Watts Health Care Corporation (MCH Department) 323-357-6577
10300 S. Compton Avenue, Los Angeles, CA 90002

MQSA CERTIFIED MAMMOGRAPHY FACILITIES INFORMATION

American Cancer Society800-ACS-2345
www.cancer.org (800-227-2345)

**Cancer Information Service
of the National Cancer Institute** 800-4-CANCER
www.cancer.gov (800-422-6237)

Food and Drug Administration..... 888-463-6332
www.fda.gov/cdrh/mammography