

## Breast Cancer Screening Guidelines

All women between 50-74 years old

Get a mammogram every

2 years

Mammograms cannot find all problems. Every woman should work with her provider to check her breasts.

- ▶ You could be at higher risk for breast cancer if:
  - ▶ You are over 50, risk for breast cancer increases with age.
  - ▶ Genetic factors such as inheriting the BRCA 1 or BRCA 2 mutation.
  - ▶ Early onset menstruation (getting your period before age 12)
  - ▶ Having dense breasts, dense breasts have more connective tissues than fatty tissue.
  - ▶ Family history of breast cancer i.e. a mother, sister, or daughter who has been diagnosed.
  - ▶ Previous radiation treatments, your risk increases if you have had radiation treatment to the chest or breasts before age 30.

### Exposure to the drug diethylstilbestrol (DES).

Call your provider or clinic if you notice any change in your breasts like:

*A lump*

*Thickening that feels like an orange skin*

*Liquid leaking from the nipple or changes in how the nipple looks*

## Mammograms Save Lives!

Honor Every Woman supports women who need a



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## Your Guide to Screening for Breast Cancer

*Honor Every Woman*



Great Plains  
Breast and Cervical Cancer Early  
Detection Program

“Hecel Oyate Kin Nipi Kte”  
“So that the People May Live”

## What is Breast Cancer Screening?

There are many types of cancer screenings. A cancer screening is a test or medical procedure that can find cancer before symptoms appear.

Women ages 50– 74 should schedule a mammogram every 2 years to screen for breast cancer.

A mammogram is a low- dose x-ray that can find breast lumps when they are too small for a woman or her doctor to feel.

### Why is getting a mammogram important?

## Mammograms Save Lives!

- Mammograms have reduce Breast Cancer by 40% in the United States since 1990. <sup>1</sup>
- 65% of Women in the US have had a mammogram in the last 2 years. <sup>2</sup>
- If caught early, those who have had breast cancer have a 99% five year survival rate.<sup>3</sup>

Sources: Mammography Saves Lives Website, <https://www.mammography-saves-lives.org/facts.aspx>; 2. Centers for Disease Control Website, <https://www.cdc.gov/nchs/fastats/mammography.htm>; 3 American Cancer Society Website, <https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html>

## Breast Cancer Risk Reduction Tips

Exercise, eat right, and maintain a healthy weight.

Avoid alcoholic beverages, less than one per day. None is best.

Quit using commercial tobacco.

## Mammogram Steps



1. You will need to take off your shirt and bra, then put on a hospital top that opens in the front.
2. You will need to stand in front of the x-ray machine.
3. Your breast will be placed on the film plate.
4. A Clear plastic plate presses down on the breast for a few seconds. This will be uncomfortable.
5. The radiologist will take several pictures of each breast.
6. A specialist then looks at the x ray picture to see if there are any changes in the breast.
7. This whole process takes about an hour.



## Prepare for a Mammogram

### **G** Spiritually Prepare by:

**A** Saying a prayer, speaking with a spiritual advisor, talking to your mom, aunty, or sister about the appointment, and  
**I** remember you are resilient and strong  
**N** enough to get through this experience.

### **G** Physically Prepare by:

Checking the appointment time and location, making sure you schedule within two weeks after your period, wear a two piece outfit, do not wear lotion, deodorant antiperspirant, or perfume. Avoid caffeine two days before, and be ready to stand for about 15 minutes.



### **A** Mentally prepare by:

**M** Thinking of some questions and writing them down, reading the Honor Every Woman fact sheets, practice deep breathing, and doing some research using .org, .edu, or .gov websites.

### **O** Emotionally Prepare by:

**G** Remembering that you are setting a healthy example for the next generation, that any discomfort or embarrassment is temporary.  
**R**  
**A**  
**M**