



Western  
**Health**

# Breast Health

## For Young Women

May 2012



# Objectives:

You will know:



- What Breast Health is all about
- Risk factors for Breast Cancer
- Positive lifestyle changes to promote Breast Health

# Breast Health:

- Being familiar with your breasts
- Know how they normally look and feel
- If a change occurs that concerns you, and it doesn't go away, see your family doctor.



# Breast Cancer:



- Continues to be the most common cancer diagnosed in women.
- The incidence rate is increasing among women over 50.
- There has been a decline in mortality rate for women since the mid-1980s.
- 1 In 9 Canadian women will develop breast cancer in her lifetime.

# In 2012...

- it is estimated that 22,700 women in Canada will be diagnosed with breast cancer and 5100 women will die.
- in NL, it is estimated that 330 women will develop breast cancer and 90 women will die.

# Risk Factors:

- Researchers are not certain of the direct causes of breast cancer.
- Some proven risk factors and possible risk factors have been identified.
- Having breast implants to change the size or shape, or to rebuild a breast after surgery, is not a risk factor in breast cancer.

# Known Risk Factors:

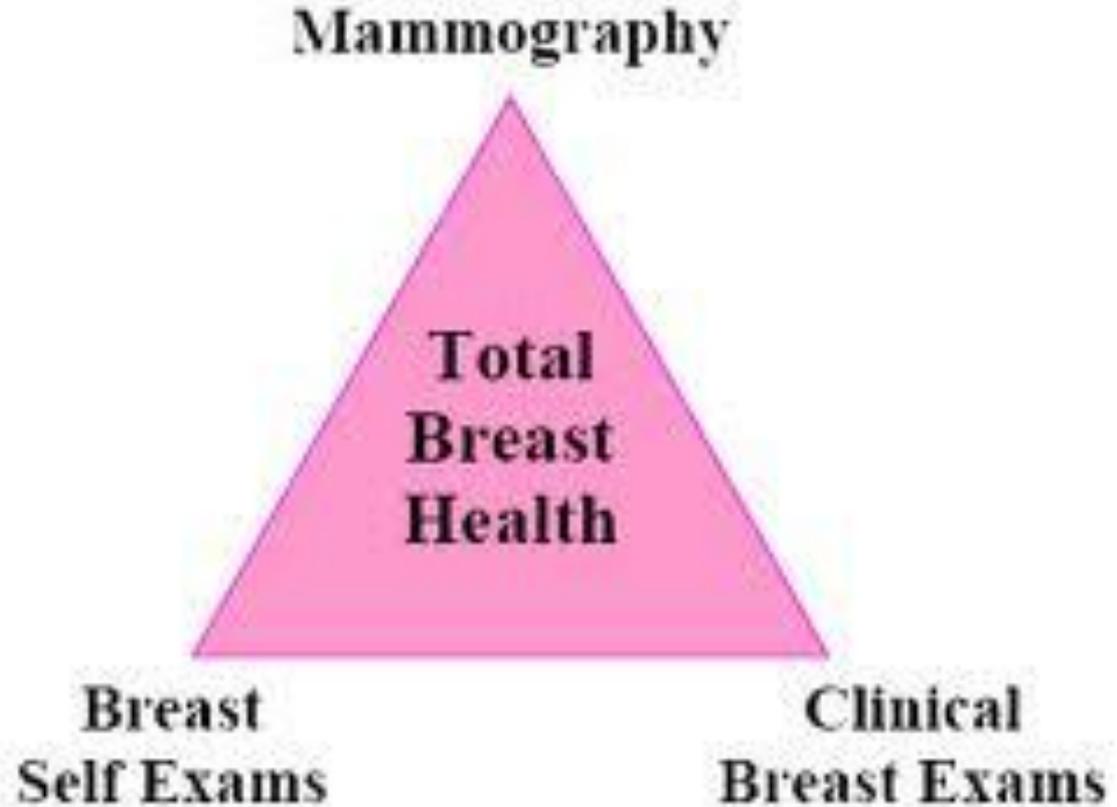


- Gender: 99% occurs in females
- Age: risk increases with age
- Early menstruation (before 12)
- Late menopause (after 55)
- Having a close relative with breast cancer
- Having first baby after age 30

# Possible Risk Factors:

- Not eating enough fruits and vegetables
- Drinking too much alcohol
- Never breastfeeding
- Smoking tobacco
- Using birth control pills
- Being physically inactive
- Being overweight

# Breast Health Practices:



# Breast Self Examination (BSE):

- A way of using your hands and eyes to examine your breasts:

Step 1 - Examine breasts while in the bath or shower.

Step 2 - Do a visual inspection of your breasts.

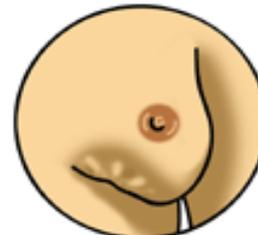
Step 3 - Examine breasts while lying down.

# BSE:

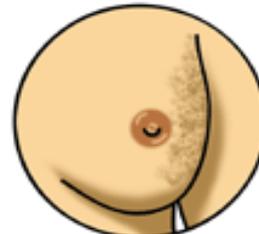
- Look for changes in breasts such as:



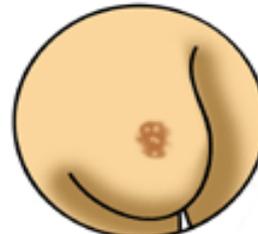
Lump



Skin dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple.



Clear or bloody fluid that leaks out of the nipple

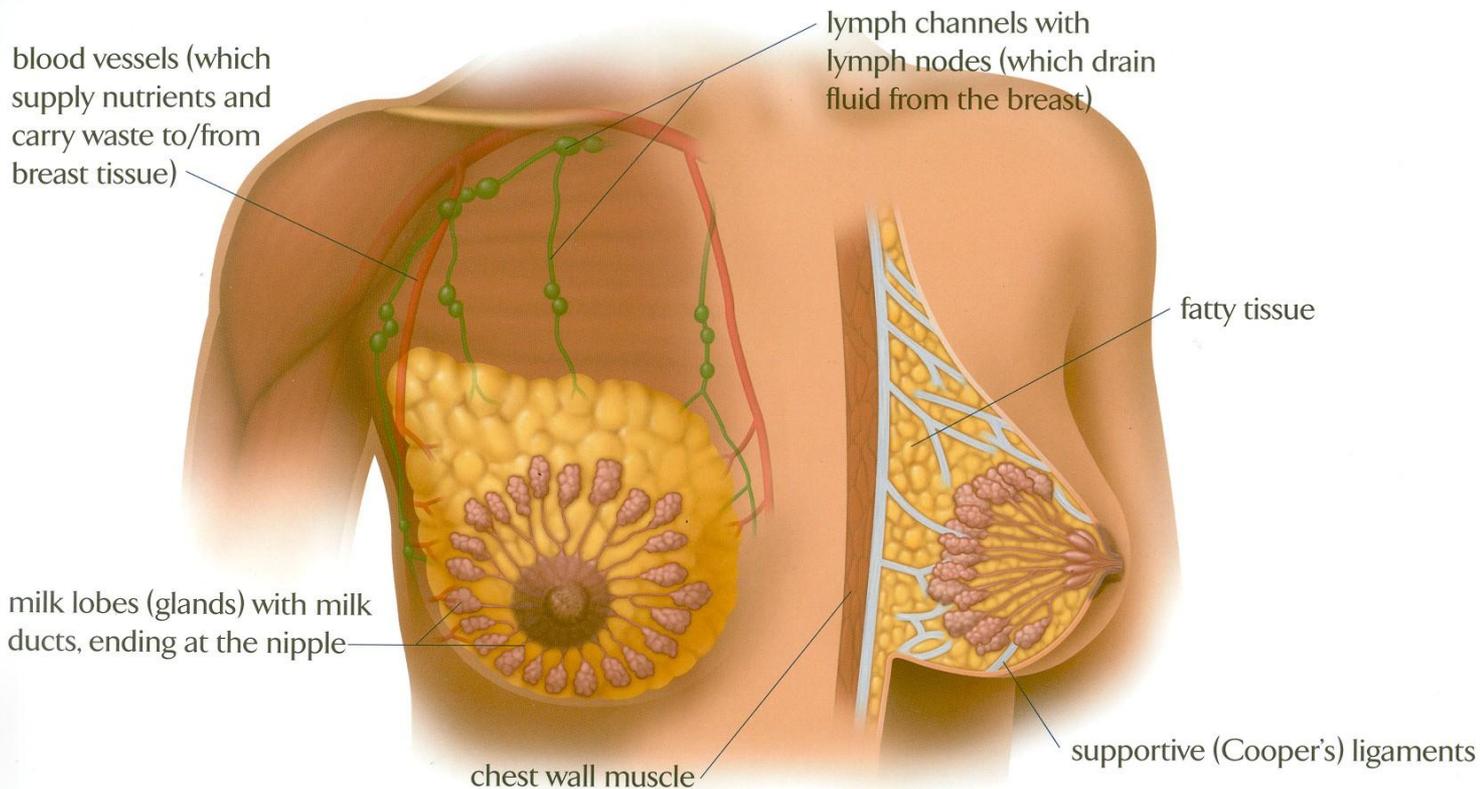
# BSE:

1. Place your left arm above and behind your head. Use three middle fingers of your right hand, press your breast against your chest wall.
2. In a circular motion feel small portions of your left breast, going around until you have covered the entire breast and underarm. Do it slowly.
3. Repeat again with the opposite side.

# BSE:

4. Start at the outermost top edge of your breast and spiral towards the nipple.
5. Feel for hard lumps or bumps in your breast.
6. Gently squeeze both nipples and look for any discharge.
7. Look for changes in the size and shape of each breast, e.g., dimpling, or changes in skin texture.

# The Healthy Breast



# BSE Methods:

Clock Pattern



Circle Pattern



Grid Pattern



# Breast Health Facts:

- No method is 100% effective.
- 70-80% of breast lumps are detected by women themselves.
- 80% of breast lumps are not cancerous.
- Breast cancer, when detected early and treated promptly, can be beaten.



# Positive Lifestyle Changes:

- Be physically active
- Lose excess weight
- Eat more fruits and vegetables
- Limit your intake of alcohol
- Breastfeed your baby
- Quit smoking



# Prognosis:

- While the incidence of breast cancer is increasing, the mortality rate has decreased since 1986.
- Women are living longer with breast cancer.



# Breast Screening Guidelines:

- Become familiar with your breasts.
- Know how they normally look and feel.
- If a change occurs that concerns you, and it doesn't go away, see your family doctor.
- Positive lifestyle changes can help reduce your risk.