

What Is a Mammogram?

A Mammogram is an x-ray of the inside of the breast. The test is completed by pressing the breasts between 2 plates and is performed by a trained technologist. A screening Mammogram consists of 2 pictures of each breast. For some women, the doctor may order a diagnostic mammogram. A diagnostic mammogram requires additional pictures of the breast tissue for the Radiologist to review. The complete procedure takes only a few minutes and the only preparation for the exam is not using powders, deodorants or creams on the underarms or breast prior to the test.

Where Can I Get a Mammogram?

When choosing a location to get your Mammogram make sure it is a certified by the American College of Radiology. There are a number of mammography sites in McLean County. The sites in Bloomington/Normal include:

The Women's Center at BroMenn Regional Medical Center	309-268-5705
OSF St. Joseph Medical Center	309-662-3311
Gale Keeran Center for Women	309-452-9001
Carle Clinic Association	309-664-3000

In addition to these locations, some physician office practices provide mammography services.

Mammography Financial Assistance

Financial assistance to cover the cost of a Mammogram is available for women who have no insurance coverage or can not meet a high insurance deductible due to financial hardship. For further information about available assistance, please contact the Community Cancer Center at 309-451-8500.

Possible Signs/Symptoms of Breast Cancer

- A lump in the breast.
- Any change in the nipple.
- Any discharge from the nipple.
- Skin Swelling: A portion of the skin on the breast has the appearance of an orange peel or is red in color.
- Dimpling or puckering of the skin on the breast.

Any woman who develops possible signs or symptoms of breast cancer should see her healthcare provider as soon as possible.

Recommendations That May Lower Your Risk for Breast Cancer

- Eat a balanced low fat diet which includes whole grains and 5 to 9 servings of fruits and vegetables.
- Limit alcohol consumption.
- Maintain a healthy weight.
- Consider breast cancer risks associated with hormone replacement therapy.
- Do not smoke.

Breast Health Navigator

The Breast Health Navigator, a specially trained registered nurse, is available to help women with questions regarding these screening recommendations or other breast health concerns. To speak with the navigator, please contact the Community Cancer Center at 309-451-8500.



COMMUNITY CANCER CENTER

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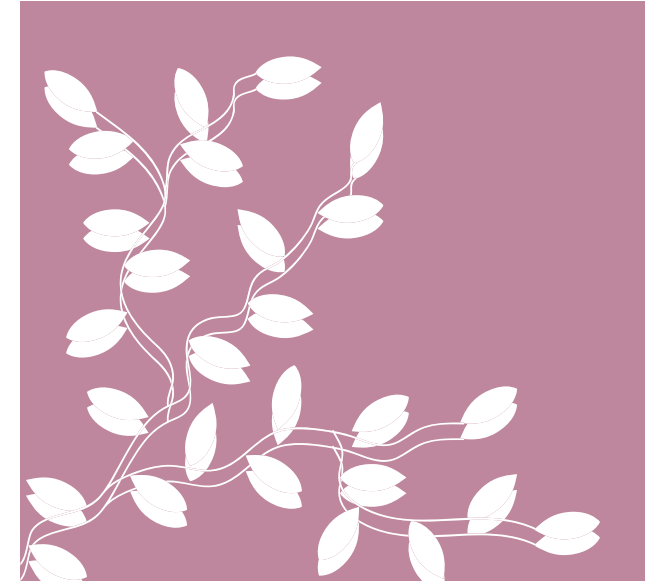


COMMUNITY CANCER CENTER



COMPREHENSIVE
BREAST SERVICE
of the COMMUNITY CANCER CENTER

Screening Guidelines



Developed by
The Clinical Practice Committee
of the Community Cancer Center

Recommended Screening Guidelines for Breast Cancer

Tests/Exams and Frequency for Completion

Who's at Greater Risk for Breast Cancer

Average Risk Women

Women with:

- A. No signs or symptoms of Breast Cancer.
- B. No personal or family history of the disease.

Mammogram
(An x-ray of the breast)

Yearly mammograms beginning at age 40

All breast lumps should be evaluated by a doctor regardless of the mammogram results.

Clinical Breast Exam (CBE)
(A breast exam completed by a healthcare professional)

Women ages 20-39 should have a Clinical Breast Exam every 3 years and/or prior to any mammogram.

Women 40 and older should have a Clinical Breast Exam yearly and/or prior to any mammogram.

Breast Self Exam (BSE)
(A self exam of the breast to help find changes)

All women should perform a breast self exam on a monthly basis starting at age 20.

BSE should be performed during the week following your period. Postmenopausal women should perform BSE the same day each month.

High Risk Women

Women with:

- A. First degree relative (daughter, sister, mother) with breast cancer.
- B. Prior breast biopsy showing atypical ductal hyperplasia, atypical lobular hyperplasia and/or lobular carcinoma in situ.
- C. Radiation to the chest at or before the age of 30.
- D. Signs or symptoms of breast cancer.

Mammogram

A. If you have a 1st degree relative that was diagnosed with breast cancer before the age of 49, your initial screening mammogram should be performed 10 years prior to the age of that relative.

B.,C. Age of initial screening and surveillance should be determined between you and your doctor.

D. If you have signs/symptoms of breast cancer, see your doctor immediately.

Repeat yearly or as determined by your doctor.

All breast lumps should be evaluated by a doctor regardless of the mammogram results.

Clinical Breast Exam (CBE)

High Risk Women should have a Clinical Breast Exam yearly and/or prior to any mammogram.

Breast Self Exam (BSE)

All women should perform a breast self exam on a monthly basis starting at age 20.

BSE should be performed during the week following your period. Postmenopausal women should perform BSE the same day each month.

Any woman can develop breast cancer but some common Risk Factors include:

- Age: your risk of developing breast cancer increases with age.
- Family History: having a mother, sister, or daughter who had breast cancer is an important risk factor.
- Starting to Menstruate before age 12.
- Starting Menopause after age 55.
- Not having a child or having your first child after age 30.
- Prior breast biopsy showing atypical hyperplasia.
- Having a personal history of breast cancer.
- Receiving Thoracic Radiation Therapy at or before age 30.
- Having a positive BRCA1 or BRCA2 genetic mutation.
- Current or prior estrogen and progesterone hormone replacement therapy.
- Women who are obese.
- Women who consume 1 or 2 alcoholic drinks per day.
- Women with increased breast density.

These guidelines were developed after a detailed review of the current screening standards from the American Cancer Society, the American College of Radiology, and the National Comprehensive Cancer Network. The information provided here is intended to serve as a general resource and should not replace checkups by your healthcare provider.

Disclaimer The Clinical Practice Committee of the Community Cancer Center recognizes that insurance companies may not pay for this testing. However, these are the current standards of care. We encourage you to check with your carrier and advocate for their coverage.