

# *The Best Protection is Early Detection*

## Breast Cancer Prevention & Screening

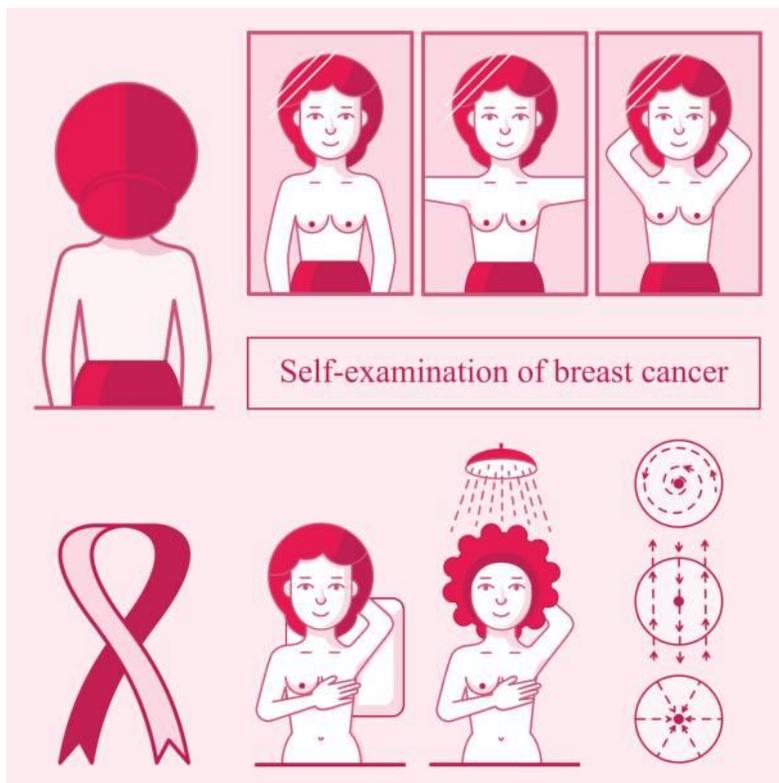
### Guide to Breast Self-Exam

Starting in your 20s, you should conduct monthly breast self-exams to know how your breasts normally look and feel and so you know how to recognize any changes. Report any changes or breast-related symptoms to your doctor right away.

If you have a monthly period, do your self-exam seven days after your period starts. If you don't have a monthly period, choose the same day every month for your self-exam.

### In the Shower

Put your left hand behind your head. With finger pads of right hand, feel entire left breast and armpit area. Switch arms and repeat exam for right breast.



## Clinical Breast Exam

A physical examination of your breast by a doctor or advanced practice provider is a clinical breast exam. The American Cancer Society recommends getting a clinical exam from your primary care provider:

- Every one to three years when you're in your 20s and 30s
- Every year starting at age 40

## Mammograms Save Lives

Get the greatest control over your breast health by scheduling yearly mammograms starting at age 40. Talk to your doctor at Lane OB/GYN to learn if your personal risk for breast cancer means you should start getting tested earlier. The test takes only minutes and could save your life. Call 225-658-4550 to schedule your mammogram today.

## Symptoms of Breast Cancer

Symptoms of breast cancer vary greatly. It's possible to have cancer with no symptoms. It's also possible that a symptom has another cause and isn't from cancer. If you do have cancer, early detection is important. See your doctor if you notice any of the following:

- A lump or mass in a breast
- A lump, swelling or thickening in or near a breast or under your arm
- Dimpling or puckering of skin on a breast
- A nipple pulled to one side, pulled inward or inverted
- Red or scaly skin on a breast
- Orange peel texture on breast skin
- Change in breast size or shape
- New asymmetry of the breasts
- Nipple discharge
- Newly visible vein on the breast

You can count on Lane OB/GYN's specialists for the medical testing you need to protect your health. Call 225-658-1303 or visit [LaneRMC.org](http://LaneRMC.org) to schedule an appointment today.



Lane  
OB/GYN

*Care You Can Count On*