

Essential Breast Cancer Information



Breast cancer causes the majority of cancer deaths among Latinx/a women in the United States

Prevention

Anyone with breasts can develop breast cancer at all ages, but it is more common in post-menopausal women.

Screening According to Age

Women under 40 years of age:

- You should do breast self-exams frequently
 - If you find a lump or ball, tell a doctor
- If you have a family history of breast cancer, tell your doctor and ask when you can start having mammograms.

Women between 40 and 44 years of age:

- You may choose to start having mammograms
- You should do breast self-exams frequently

Women between 45 and 54 years of age:

- You should have a mammogram at least once every year

Women after 55 years of age:

- You should have a mammogram at least once every 2 years (if they want, it can be once every year)

Don't wait for your doctor to tell you that you are due for a mammogram! Don't be afraid to tell your doctor that it's time or that you want a mammogram.

- A healthy lifestyle that limits alcohol and includes mostly fruits, vegetables, and physical activity reduces the risk of cancer and various chronic diseases.
 - See our nutrition education series for more information! It can be found here: www.latinascontracancer.org/health-education
- Lowering levels of constant stress also protects against chronic diseases
 - Exercise lowers stress because it stimulates the production of molecules that make us happier
 - Don't be afraid to ask your doctor for help and seek a psychologist, support group, or medicine to manage stress.
 - Try meditation! There are several videos on YouTube and virtual applications that can teach you to meditate.

BREAST SELF EXAMINATION



ONCE A MONTH,
2-3 DAYS AFTER PERIODS



EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...

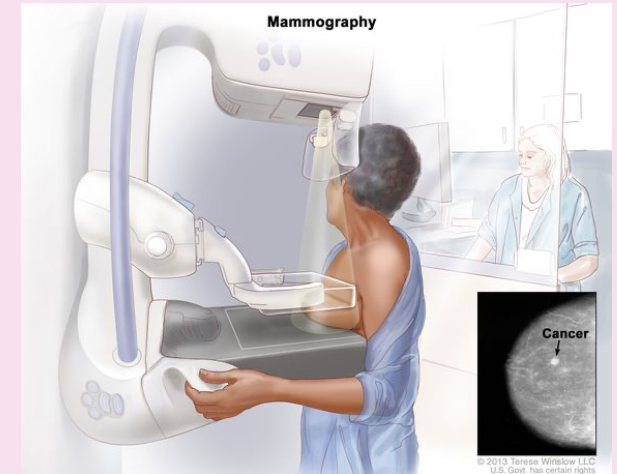


...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID

What is a mammogram? An x-ray radiograph of the breast



<https://www.facs.org/for-patients/home-skills-for-patients/breast-cancer-surgery/preoperative-tests-and-imaging/mammography/>

If you are unable to access a mammogram through your primary care clinic, please call or email us.

Our organization, Latinas Contra Cancer, has a support group service full of Latinas who need someone to talk to. If you are interested in participating, send us an email.

Clearing Up Myths

All of the following are **true**

- 1) Women with breast cancer and survivors do not lose their sexuality!** If you have intimacy problems and it causes you emotional problems, don't be afraid to talk to a doctor or psychologist. Your mental health should be a priority.
- 3) Cancer is not a punishment from God!** A cancer diagnosis can happen to anyone.
- 4) Cancer is not a death sentence.** Cancer is treatable, especially when caught early, so give yourself exams and get mammograms!
- 5) A positive/worrying mammogram result does not always mean cancer.** Your breast x-ray is interpreted by a doctor, not by a computer. Depending on the type of breast you have, it can be difficult to interpret the x-ray. Sometimes doctors order more tests after a mammogram to see if something they see on the x-ray is cancer or just a normal, dense part of the breast. In fact, 80% of lumps found in the breast are benign.

