

Breast Self Awareness, Clinical Breast Exams and Mammograms

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breast
self-awareness

clinical
breast exam

screening
mammogram



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age 21

clinical breast exam **every 3 years**
for women at **average** risk

age 40

clinical breast exam **yearly**

For women at **higher** risk, discuss with your health care provider what's **best** for you.



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71%

of cases of breast cancer in women younger than 50 years old are were initially detected by the women themselves.



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Be familiar with how your **breasts normally look and feel**,
and **report** any changes to your health care provider **right away**.

a lump

change in
shape

a dimple

thickened
skin

nipple
discharge

skin
redness

new
breast pain



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Screening mammograms look for **changes** in breast tissue, even **before** a lump may be felt, **detecting** breast cancer early, when it's **easier to treat**.



40

Women at **average** risk should begin having a screening mammogram at age 40.

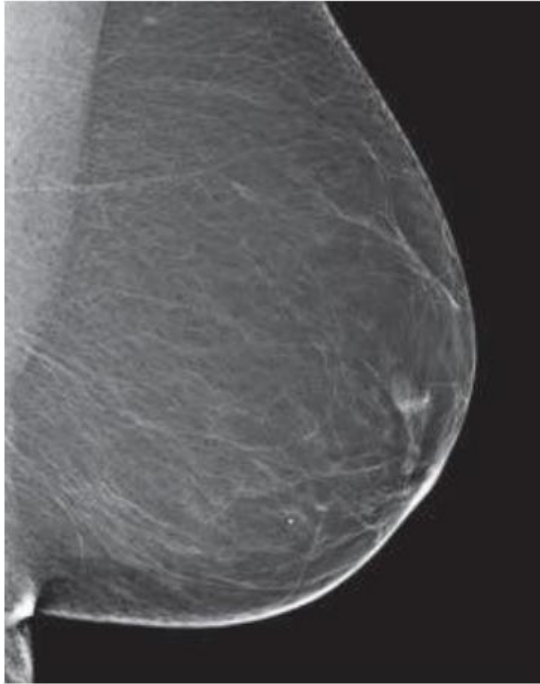
Women at **high** risk should talk with their health care provider about what age to start screening.



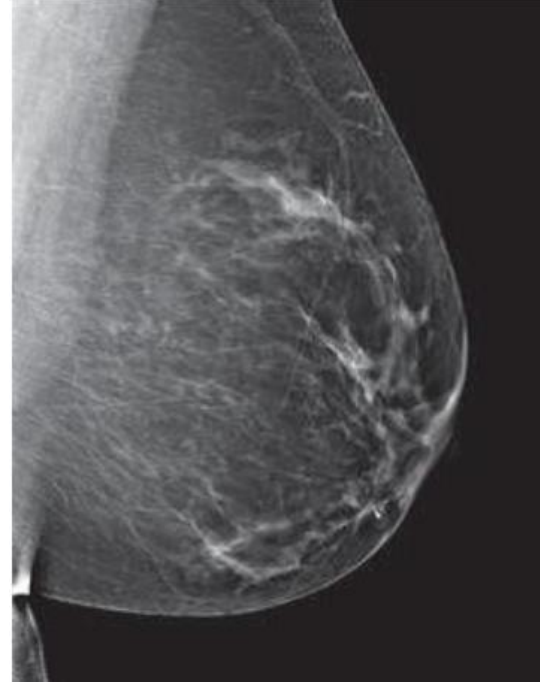
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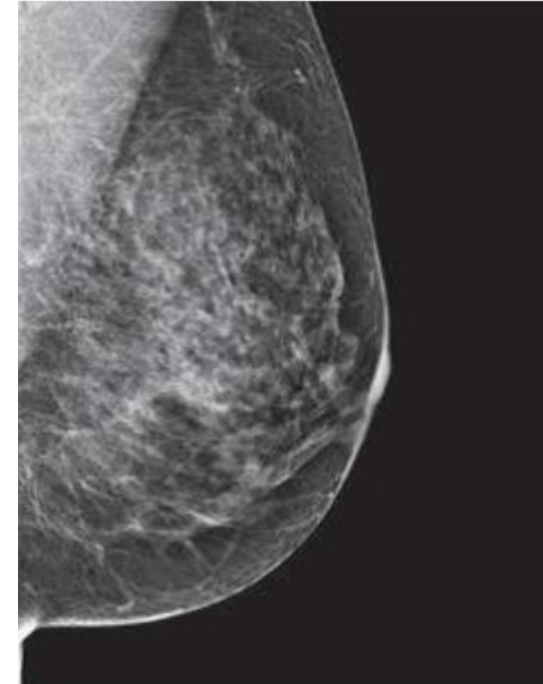
Women with **dense breasts** (as seen on a mammogram)
have a **slightly higher risk** of breast cancer.



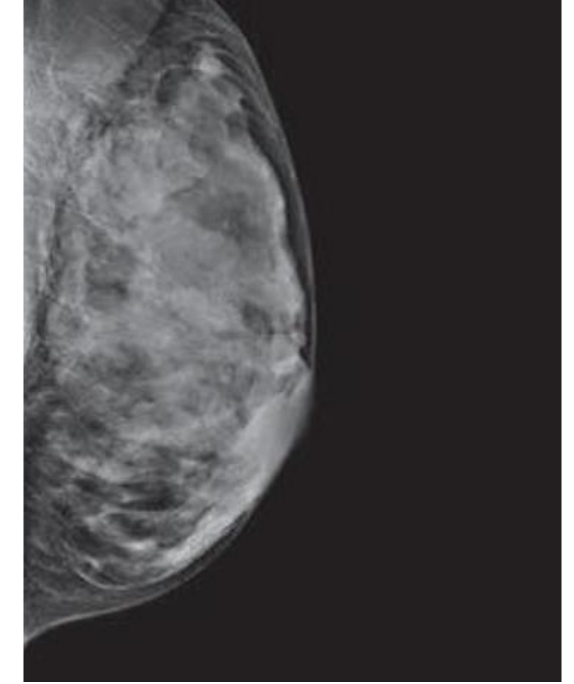
Almost entirely fatty
breast tissue, found in
about 10% of women



Scattered areas of dense
glandular tissue and fibrous
connective tissue, found in
about 40% of women



Heterogeneously dense
breast tissue with many
areas of glandular tissue and
fibrous connective tissue,
found in about 40% of women



Extremely dense breast
tissue, found in about 10%
of women



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2D Mammogram

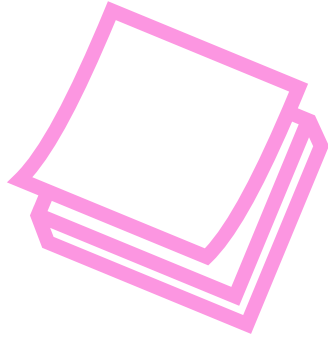
**3D Mammogram
(Digital Breast
Tomosynthesis)**

Breast MRI



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**Find small changes.
Detect cancer early.**

When your annual screening mammogram is reviewed, your **radiologist compares** it with your **previous mammograms**.

This allows your radiologist to find **small changes** and **detect a cancer** as early as possible.

It is helpful to find a Diagnostic & Imaging Center you are comfortable going to each year, so your prior mammogram films are easily available.



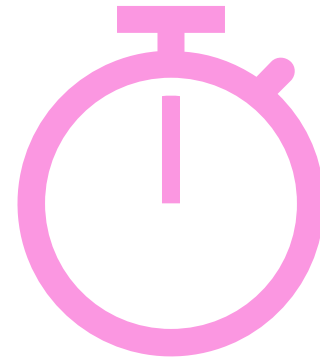
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Don't delay routine cancer screenings.



Safety measures
are in place at
diagnostic centers.



Schedule 4-6 weeks after last
COVID-19 vaccination dose,
for women **without** any
breast symptoms.



Encourage your
loved ones to be
screened.



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riversideonline.com/mammogram