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## BREAST HEALTH

A woman's breasts change constantly. They change during the menstrual cycle, pregnancy, breast-feeding, and menopause. These changes can sometimes bring problems. **Most** of the problems are insignificant, but a few can be serious. One serious problem is breast cancer. The key to surviving breast cancer is **early detection**.

The Susan G. Komen Breast Cancer Foundation Guidelines for breast cancer detection are as follows:

### Breast self-exam\*

Age 20+ ..... Monthly

### Clinical breast exam\*\*

Age 20 - 39 ..... Every 3 years

Age 40+ ..... Yearly

### Mammography\*\*\*

Age 40+ ..... Yearly

\* *Women who entered menopause, are pregnant or breast-feeding, and women who have silicone implants should continue to examine their breasts monthly.*

\*\* *Your personal physician may recommend more frequent clinical breast exams based on your health history and exam.*

\*\*\* *Your personal physician may recommend mammography at an earlier age based on your risk factors.*