

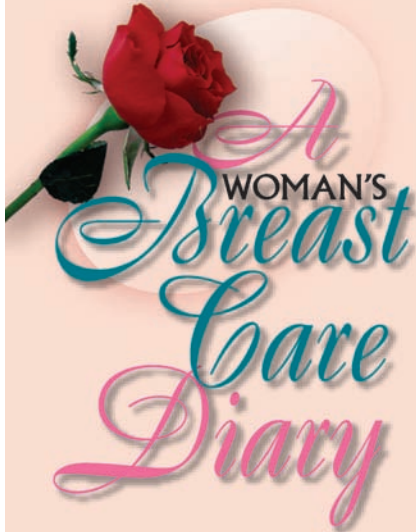


WEST TENNESSEE

WOMEN'S CENTER

at Jackson-Madison County General Hospital

[www.wth.org](http://www.wth.org)



Includes room to record:

- Mammograms
- Clinical Breast
- Breast Self-Exams

Breast cancer affects one out of eight women in her lifetime. Breast self-exam is used to learn your normal pattern of lumpiness so that any unusual changes can be identified and reported to your healthcare provider. The breast area includes from the underarm to the breastbone and from the collar bone to the bra line.

Breast health requires a three-fold approach to help ensure early detection of breast cancer.

#### MAMMOGRAMS

Mammogram is our best tool available for screening the breast for cancer. Two different views using low dose X-ray are taken of each breast while compressed for a few seconds. This might be uncomfortable but should not be painful. Feel free to discuss any discomfort or questions you have regarding the procedure with your technologist.

#### CLINICAL BREAST EXAMS

You should have a clinical breast exam performed by your healthcare provider each year. This is an excellent time to discuss questions you might have about your breast health or the self-exam.

#### BREAST SELF-EXAM (BSE)

Checking your breast regularly helps you become familiar with your normal lumpiness and the look of your breast. If you feel or see an unusual change in your breast, notify your healthcare provider immediately.

#### BREAST SCREENING SCHEDULE\*:

Age	Test and Frequency
40+	Mammogram—annual Clinical Breast Exam—annual
20s & 30s	Clinical Breast Exam—About every three years
20s+	Breast Self-Exam—optional
30s	(high risk women Greater than 20% lifetime risk) MRI and Mammogram—annual

\*As recommended by American Cancer Society

Based on personal and family history your healthcare provider may advise changes to the test schedule.

