

Breast Health And Wellness

What is Breast Cancer



When bad cells inside your breast grow too fast and cause changes in your breast that are not healthy

Live Healthy



Get Plenty of Sleep

Eat Healthy Foods



Exercise

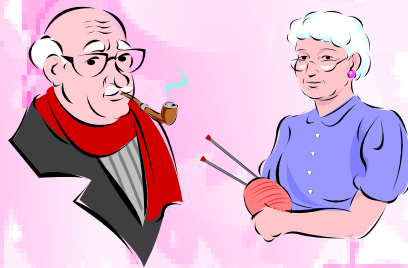
Drink
Plenty
Of
Water



Know Your Risk

Talk With

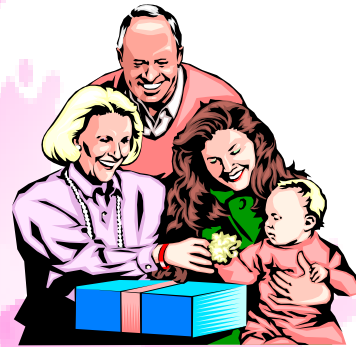
Talk with your family, staff or guardian to learn who in your family has had breast cancer.



Grandparents



**Mother
And
Father**



**Aunts
and
Uncles**

Talk to your doctor about your family history of breast and other cancers and how to lower your risk for breast cancer.



Sisters



Brothers

Make a Plan For Breast Care

Finding changes in your breast early is very important.

If you find or see any changes, call your doctor.



Monthly breast exams are part of breast health care



A clinical breast exam from a doctor or nurse
AND
a mammogram



Are some of the ways to lower your risk for breast cancer



Breast Self-Exam

What is a Breast Self-Exam?

It is when you feel and look at your breasts at home in a private place.

Look at your breasts in a mirror to know what is normal for you

Put your arms by your side

Next, raise your arms over your head

Next, place your hands on your hips

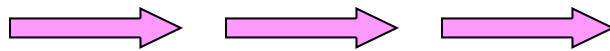
Then, bend forward with your hands on your hips



How To Do A Breast Self-Exam

1. Lie down on you back

2. Use the tips of your three middle fingers



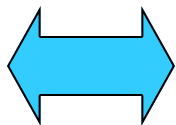
3. Press down lightly and make little circles in one spot on your breast

4. Make sure you move around the whole breast

5. Now do the same thing to the other breast



What
Are
You
Looking
For



- ♦ Change in shape, size or color
- ♦ A lump or hard knot
- ♦ Sore or itching breast
- ♦ Swelling of breasts
- ♦ Nipple changes
- ♦ A warm spot
- ♦ Pain that does not go away

Call your doctor if you see any change

Clinical Breast Exam

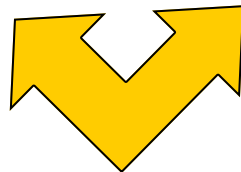


Get a clinical breast exam done by a doctor or nurse

Mammogram

What is a mammogram?

It is a machine that takes 2 pictures of each of your breasts.



Checklist for Monthly Breast Self-Exam

- January April July October
- February May August November
- March June September December

Screening

When was your last clinical breast exam? _____
(Month/Year)

If never, please talk to your doctor.

When are you scheduled for your next clinical breast exam? _____
(Month/Year)



When was your last mammogram? _____
(Month/Year)


If never, please talk to your doctor.

When are you scheduled for your next mammogram? _____
(Month/Year)

Philadelphia Coordinated Health Care



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A Core Program of 

Funding provided by Philadelphia Department of Behavioral Health/Intellectual disAbility Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities and the Office of Developmental Programs, Pennsylvania Department of Public Welfare



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