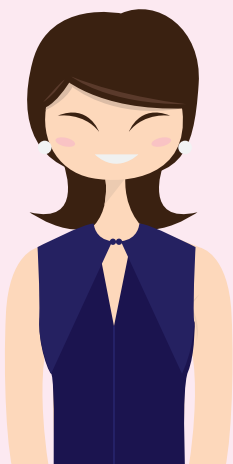
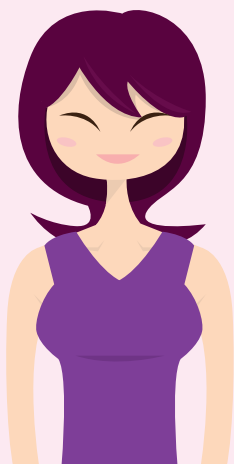


# Caring for Women Who Are at High Risk for Breast Cancer



# Breast Cancer Screening Methods



## Ultrasound

- Uses sound waves to develop a picture of the breast tissue
- Often recommended in younger women with dense glandular tissue



## Magnetic Resonance Imaging (MRI)

- Uses radio waves and strong magnets to develop detailed pictures of the breast
- Recommended in conjunction with mammogram for high-risk patients



## Mammogram

- Visualisation of breast tissue through the use of low-dose X-ray



## Tomosynthesis (3D Mammogram)

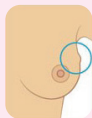
- Thin cross-sectional images combined with conventional X-ray to develop 3D breast tissue images



## BRCA Gene Detection

- Women with mutations in the BRCA1/2 genes have a 50-80% risk of developing cancer
- Recommended if a relative has a positive test for BRCA1/2 mutation

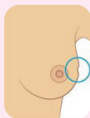
# Signs and Symptoms of Breast Cancer



Lumps



Nipple discharge



Dimpling



Breast or nipple pain



Nipple retraction or inversion



Redness



Changes to the skin's texture



Lymph node changes



Swelling

Breast self-examination is not part of a routine breast cancer screening schedule. However, women are advised to be familiar with how their breasts normally look and feel, and report any changes to their doctor right away.

# Breast Self-Examination Know Your Breasts

LOOK



## Steps

- Stand in front of the mirror.
- Compare the two breasts.
- Observe the shape and size.
- Look with arms at the sides, hands on the hips and arms raised above the head.

**!** It is not unusual for one breast to be larger than the other.

FEEL



## Steps

- Examine each breast using the opposite hand.
- Place your left hand at your left ear.
- Press left breast firmly with three of your right fingers.
- Feel around the entire breast area for lumps or thickening.
- Also feel for any lumps above and below your collar bone and armpit area.
- Repeat the steps for your Right breast.

**✗ Do not squeeze nipples.**



## Ways to check:

During a shower on soapy skin

**OR**

Lie down with a rolled towel / pillow around your shoulder.

## Early Detection and Prompt Treatment Can Save Your Life

Doing regular breast-self examinations helps you familiarise yourself with the characteristics of your breasts.



**This self-examination should be done after your menstrual period (day 7-10 of your period).**

If you are breastfeeding, perform the test after your breasts are emptied of milk.

If you are pregnant or menopausal, select one day each month to do the test, for example: the beginning of the month.

## Breast self-examination is simple.

# Breast Cancer: Risk Factors



Being a woman



Getting older



Personal or family history of breast cancer



Radiation exposure



BRCA1 or BRCA2 gene mutation

A woman is considered to be at **high risk** if she has a **personal history of breast cancer, a family history of breast cancer or dense breasts**. Her **risk** is even higher if she has a **mutation in the BRCA gene** or had **chest radiation therapy** before the age of 30.



Late menopause (after age 55)



Early menstruation (before age 12)



Obesity



Having few children or never had children



Postmenopausal hormone therapy

## Screening Guidelines

FOR WOMEN WITH  
**HIGH RISK**



Ages 30-39

Talk to your doctor about breast cancer screening



Ages 40-59

Begin yearly mammograms



Age 60+

Transition to mammograms every other year

FOR WOMEN WITH  
**VERY HIGH RISK**

**Very High Risk**

Ages 30-39

Get an annual breast MRI

Ages 40-69

Get an annual breast mammogram

Age 70 onwards

Schedule a mammogram every other year

Make an appointment with our Breast Surgeon today.  
For appointment, please call : 03-7491 9191

 [www.sunwaymedical.com](http://www.sunwaymedical.com)