

National Breast Cancer Foundation, Inc.®

The National Breast Cancer Foundation's mission is to save lives through early detection and to provide mammograms for those in need.

Programs offered by National Breast Cancer Foundation

National Mammography Program (NMP)

Our NMP provides free diagnostic breast care services for underserved women nationwide through a network of certified hospitals. For more information, visit nbcf.org.

Beyond The Shock® (BTS)

BTS is a global, comprehensive online guide to understanding breast cancer. For more information, visit BeyondTheShock.com.

Early Detection Plan (EDP)

The EDP is an interactive tool that utilizes text messages, calendar notifications, and emails to help remind women to schedule breast self-exams, mammograms, and clinical breast exams. Visit earlydetectionplan.org and create your plan today.

Research

NBCF works with some of the finest scientists and hospitals in the world to help find the cure for breast cancer. For more information about NBCF's research initiatives, visit nbcf.org.



Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic – call your doctor.



Janelle Hail

Founder & CEO
National Breast Cancer Foundation, Inc.®

The National Breast Cancer Foundation was founded by Janelle Hail in 1991 to provide women of every age and walk of life reliable information about breast cancer, treatment options, heartfelt emotional support, and free diagnostic services for the underserved.



Join the Fight Against Breast Cancer

At NBCF we offer Help for Today...Hope for Tomorrow®. We provide mammograms and other breast health services to underserved women and promote early detection through our educational programs.

Ways you can make a difference:

- 🌿 Donations
- 🌿 Fundraising Events
- 🌿 Corporate Sponsorships
- 🌿 Planned Giving
- 🌿 Volunteering

Your contribution to NBCF is always appreciated.

For more information, visit nbcf.org



What Every Woman Needs to Know About Breast Cancer



NATIONAL
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Possible Early Signs of Breast Cancer

According to the National Cancer Institute, symptoms of breast cancer are not usually noticeable until the tumor grows and changes how the breast looks or feels. The common changes include:

- ❖ A lump or thickening in or near the breast or in the underarm area.
- ❖ A change in the size or shape of the breast.
- ❖ Dimpling or puckering in the skin of the breast.
- ❖ A nipple turned inward into the breast.
- ❖ Discharge (fluid) from the nipple, especially if it's bloody.
- ❖ Scaly, red, or swollen skin on the breast, nipple, or areola (the dark area of skin at the center of the breast).
The skin may have ridges or pitting so that it looks like the skin of an orange.

❖ One in eight women will develop breast cancer in her lifetime.

❖ When breast cancer is found early (localized stage), the 5-year survival rate is 98%. This is good news! There are over 2 million breast cancer survivors in America today.

Early Detection Plan

- ❖ Clinical breast examinations every 3 years from ages 20-39, then every year thereafter.
- ❖ Monthly breast self-examinations beginning at age 20. Look for any changes in your breasts.
- ❖ Baseline mammogram by the age of 40.
- ❖ Mammogram every 1 to 2 years for women 40-49, depending on previous findings.
- ❖ Mammogram every year for women 50 and over.
- ❖ A personal calendar to record your self-exams, mammograms, and doctor appointments.

❖ Risk factors for breast cancer include age, weight, diet, lifestyle, medical history, and family history.

❖ 70% of all breast abnormalities are found through monthly breast self-exams.

❖ Every two minutes a woman is diagnosed with breast cancer.

❖ Not all lumps are detectable by touch. Getting a high-quality screening mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early.

Conducting a Breast Self-Exam

You can use any one of the following patterns, but be sure to use the same one each month.



Up + Down



Circular



Wedge

Shower Test

- ❖ Place your right hand – palm flat – against the back of your head.
- ❖ With the fingertips of your left hand, press lightly, then firmly, against your entire right breast to feel for lumps.
- ❖ Switch hands and repeat the process, using your right hand to check your left breast.

Mirror Test

- ❖ Stand straight with hands on hips. Check in the mirror for any changes in breast texture, shape, size, nipple appearance, or unusual discharge.

Lying-down Test

- ❖ Lie down with a small pillow or folded towel under your left shoulder and left hand behind your head.
- ❖ Use your right hand to check your left breast and under your armpit using your “Shower Test” pattern.
- ❖ Move pillow under your right shoulder, switch arm positions and repeat the process, using your left hand to check your right breast.