

BREAST CANCER

Breast cancer is a malignant growth that begins in the tissues of the breast. It is the second most common cancer among American women. About 1 in 8 women in the US will develop invasive breast cancer during their lifetime.

The most common types of breast cancer are: Invasive Carcinoma, Ductal Carcinoma in Situ, Infiltrating Lobular Carcinoma and Lobular Carcinoma in Situ.

RISK FACTORS

Although some women who have one or more risk factors may never develop breast cancer, we can use the knowledge of these risk factors to target higher-risk women with increased breast surveillance and breast cancer prevention strategies.



ALWAYS PAY ATTENTION TO YOUR BODY.

PREVENTION

The best time to check your breasts is about a week after your period ends. It's important you check at the same time every month.

STEP 1

Lie down on your back with one hand behind your head. Use the pads of your three middle fingers from your opposite hand to examine each breast.

STEP 2

Move your three fingers in dime-sized circles. Do three circles in one spot, starting with light pressure, then medium and lastly use deeper pressure. Then "walk" your fingers to the next area - do not lift your fingers off your breast.

STEP 3

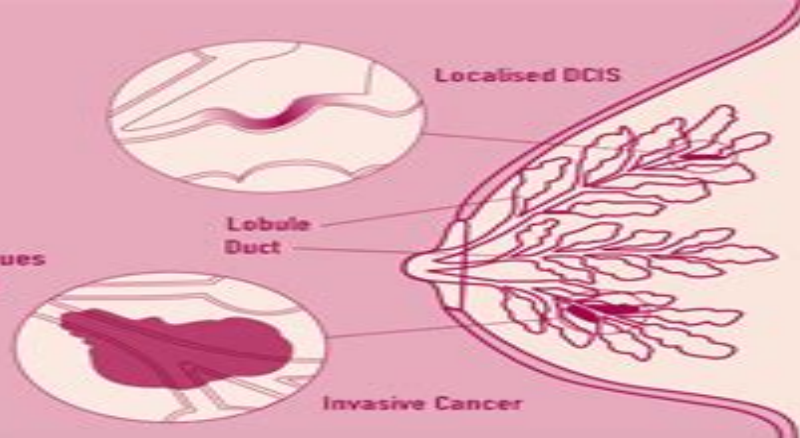
Starting at your breast bone, work your way down your breast and back up in dime-sized circles. Spend extra time in the armpit.

STEP 4

Gently squeeze each nipple and look for discharge or pain.

STEP 5

Call your doctor if you notice anything abnormal.



SYMPTOMS

Breast cancer carries the most common indicator being a lump in the breast tissue. The earlier the cancer is caught, the less likely it will spread to other parts of the body.



TREATMENT

Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. Breast cancer fighters often receive more than one kind of treatment.

CONVENTIONAL METHODS



COMPLEMENTARY THERAPIES



The Little Of Breast Cancer A Selfteaching Guide

Michael Andrew Hunter



The Little Of Breast Cancer A Selfteaching Guide:

The Little Book of Breast Cancer Michael Andrew Hunter,1998 *Dr. Michael Hunter's Breast Cancer Made Simple* Michael Andrew Hunter,2006 It is a frightening experience to hear the words You have breast cancer Now what How can women turn those dreadful words into the first step on a journey of education Dr Michael Hunter s Breast Cancer Made Simple offers an easy to understand guide Topics covered include basics an overview of cancer anatomy cancer spread and risk factors detection biopsy options benign changes breast cancer types margins and more pathology under the microscope staging extent of cancer prognosis management surgery radiation therapy chemotherapy and more and aftercare Included is a comprehensive toolbox containing resources such as abbreviations a glossary index and helpful sources telephone internet etc Client Teaching Guides for Home Health Care Donna Meyers,2005-09 This edition features 66 new teaching guides for a total of 193 all updated references and source material expanded treatment of the integumentary musculoskeletal neurological and respiratory systems all new guides on substance abuse sensory disorders and pediatric disorders expanded coverage of psychiatric disorders six new nursing diagnoses and many new guides for high tech home care procedures such as IV therapy the use of inhalers mini nebulizers and ventilators **Resources in education** ,1986-08 *National Library of Medicine Audiovisuals Catalog* National Library of Medicine (U.S.), **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1983 **Monthly Catalog of United States Government Publications** ,1991

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