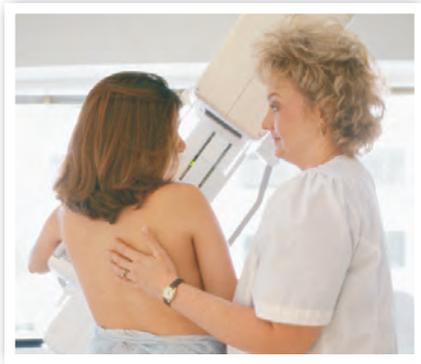


# Common breast cancer indicators

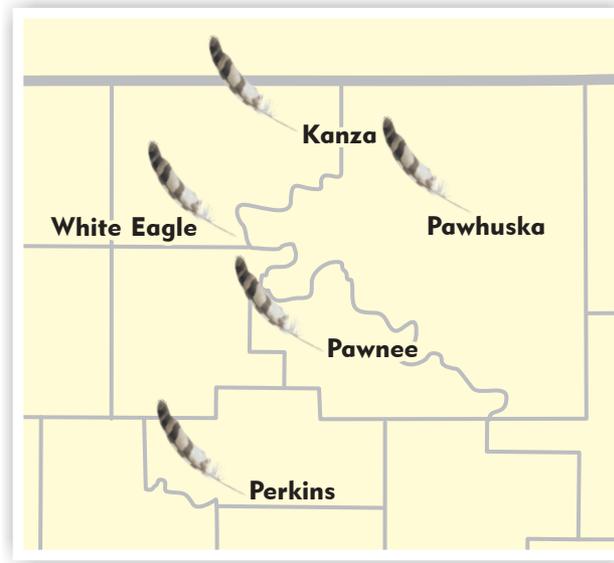
- ⓧ The most common sign of cancer of the breast is a mass which is almost always painless
- ⓧ Nipple discharge can mean cancer
- ⓧ A change in the shape of the breast
- ⓧ A lump that does not move
- ⓧ Swelling and redness of the breast skin
- ⓧ Lymph node enlargement



If you have not had your **clinical breast exam** or **mammogram** this year, make an appointment with **Kaw Women's Health** at your clinic.

**We do not discriminate** on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Text by  
Native American Women's Health Education Resource Center  
P.O. Box 572 • Lake Andes, SD 57356  
605-487-7072



**Contact your clinic to schedule an appointment with Kaw Nation Women's Health Program**

**Kanza 580-362-1039**

**White Eagle 580-765-2501**

**Pawnee 918-762-2517**

**Pawhuska 918-287-4491**

**Perkins 405-547-2473**



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Division of Cancer Prevention and Control  
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Atlanta, GA 30341-3717

# KAW NATION WOMEN'S HEALTH PROGRAM



# Breast cancer

**Know the facts  
Know the risks  
Know the indicators**

# Knowing the facts could save your life



## It is estimated that...

- ✂ **1 in 9** women will develop breast cancer
- ✂ Breast cancer is **second** in cancer deaths among women, behind lung cancer
- ✂ 1990 saw **150,900** new cases of breast cancer in the U.S. — and about **44,300** deaths from breast cancer
- ✂ **28 percent** of cancers in women were breast cancers
- ✂ **25 percent** of breast cancers occur in women in high-risk groups



## Early detection can save your life

- ✂ **Breast self-exam (BSE).** A monthly BSE is recommended for all women over age 18.
- ✂ **Breast exam by physician.** Women between ages 20 and 39 should have a physician examine her breasts every three years. Women 40 and older should have the exam once a year.
- ✂ **Mammography ages:**  
**35 to 39** — one baseline mammogram  
**40 to 49** — mammogram every one to two years  
**50 and older** — annual mammogram
- ✂ **Sudden changes.** If there is any sudden change in your breast, such as a change in shape, check with your healthcare professional.

## You are high-risk if...

- ✂ You are overweight.
- ✂ You smoke.
- ✂ Your diet consists of high-fat, low-fiber foods.
- ✂ You do not perform a breast self-exam monthly.
- ✂ You do not have an annual breast exam by your doctor.

## More risk factors

- ✂ The use of alcoholic beverages — especially hard liquor and beer — has been linked to an increase of breast cancer.
- ✂ Women whose mothers or sisters have had cancer are two to three times more likely to develop breast cancer.



- ✂ Ten percent to 15 percent of women who have had cancer in one breast will eventually have it in both.
- ✂ A long menstrual history — early onset of menstruation plus late menopause — increases your risk.
- ✂ Women who have never had a baby or carried a full-term baby after age 30 are at an increased risk.
- ✂ Studies show an increased risk of breast cancer in women who have taken birth control pills.
- ✂ Studies show an increased risk of breast cancer for women who use estrogen replacement therapy during menopause.

