Clinical Examination

Women should have their breasts checked by a health professional once each year. Women who need further information on breast examination procedures and instructions may contact the numbers listed below. It is important to remember that most lumps found in the breast are not cancer. However, **any lump** needs to be checked by a doctor as soon as it is found. Again, breast cancer can be treated best when it is diagnosed as early as possible.

IF YOU FIND A LUMP IN YOUR BREAST, HOW CAN YOU KNOW FOR SURE IF IT IS CANCER?

See your doctor! If you do not have a doctor, call your medical society or one of the numbers listed below. Staff members will try to help find a doctor or breast cancer clinic close to where you live.

Cancer Information Service
800-4CANCER (800-422-6237)

Y-Me Breast Cancer Hotline
800-221-2141

American Cancer Society
800-227-2345

Your doctor will probably want you to have a mammogram. Be sure you go to a certified mammography center; if you have questions about whether a facility is certified, call one of the numbers given above and a staff person can help you.

Your doctor also may want you to have a biopsy. While a mammogram is very helpful in looking for breast cancer, a biopsy is the only way to determine whether a lump in your breast is cancerous. The procedure removes a small amount of tissue that is then tested to see if it is cancer.

In most instances, your doctor will want you to see a doctor who is specially trained to treat conditions of the breast for this procedure. Be sure to discuss with the specialist what kind of biopsy will be done. You and the specialist also need to decide what should be done if cancer is found.

MS GRAPHICS 2006

This brochure may be copied, reproduced, and distributed in its entirety provided the content is unchanged.
Printed by the Authority of the State of Illinois
(IEMA 183 - 250,000 - 3/06)
Print Order #156

State of Illinois
Rod R. Blagojevich, Governor

Illinois Emergency Management Agency
William C. Burke, Director

Breast Cancer
Your Right to Know

IEMA