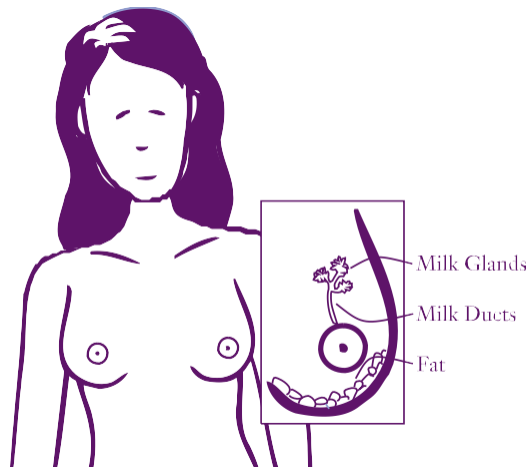


Breast Health Caring For Yourself



Breast Health

Breast health means knowing your breasts just like you know your face or hands. That way you are more likely to notice changes. Most changes are not cancer. Most breast cancer can be treated if it is found early enough.



Normal Breasts

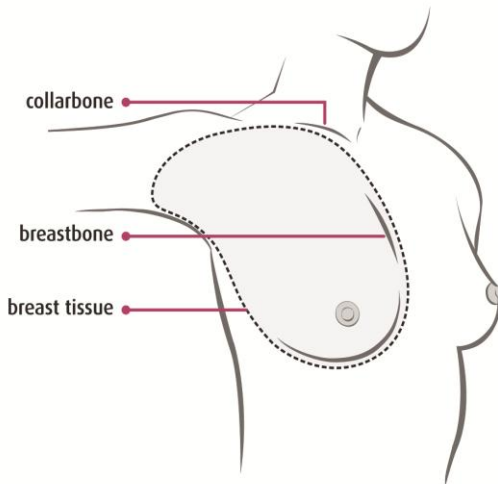
Breasts are made up of milk glands, milk ducts and fat. These normally feel bumpy to touch.

Breast Tissue Area

Breast tissue covers an area larger than just the breast.

Breast tissue goes up to the collar bone.

It also goes from the armpit across to the centre of the chest.



Source: Reduce Your Risk of Breast Cancer: Canadian Cancer Society, 2011

Changes - Normal

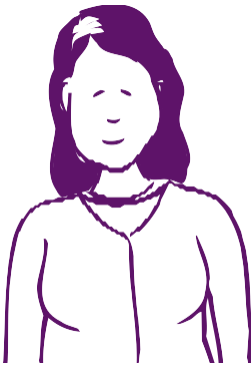
Your breasts will change at different times in your life.



When you have your monthly period (menstruation).



When you are pregnant.



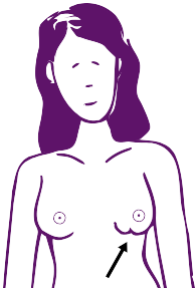
When you lose or gain weight.



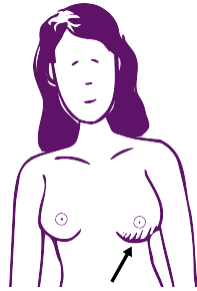
When your monthly periods stop (change of life or menopause).

Changes - Not Normal

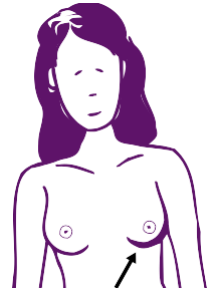
If you have any of these changes, see your nurse or doctor.



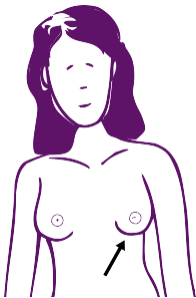
A dimple.



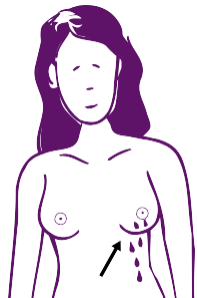
Change in size or color.



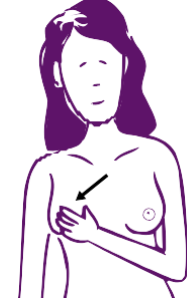
The skin may become thick or hard.



A change in a nipple.



Blood may come out of a nipple.



A new lump in the breast or under the arm.

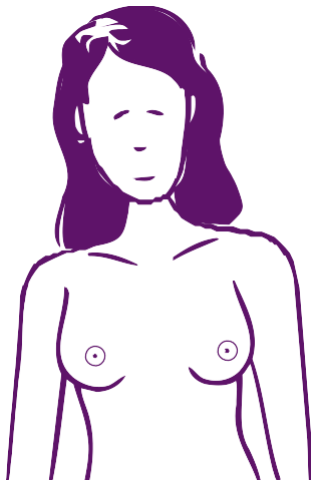
Breast Health – Looking after your breasts

There are two easy steps that every woman can do for Breast Health:

Step 1. Know your breasts.

Step 2. Have a Mammogram (x-ray of the breast)

You have a better chance of finding breast cancer early when you look after your breasts.



Step 1: Know Your Breasts

Know how your breasts normally look and feel.

Women over age 20 should check your breasts every month for any changes.

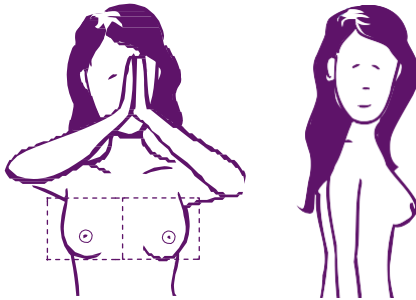
Young women: check your breasts one week after your monthly period.

Older women: if you do not have a monthly period, pick the same day every month to check your breasts.

Stand up - Look at yourself in a mirror.

Look for any changes on your skin.

Look and feel for any changes in your breasts.



This is the area to check.

Remember, you are looking and feeling for changes.
Talk to your nurse or doctor about any changes.

Step 2: Have a mammogram

A mammogram is an x-ray of the breasts.

Women age 50 - 74 should have a mammogram every 2 years.

Some women over age 40 may be able to have a mammogram every year. Ask your nurse or doctor about this.

Mammograms can find very small lumps. It's easier to treat breast cancer if it's found early.

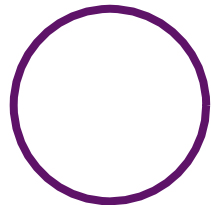
Mammograms can find lumps this small.



You, your nurse or your doctor can feel these lumps.



This lump will be harder to treat.



Your Plan for Breast Health

To look after your breasts:

- Know your breasts and check for changes regularly.
- Have a mammogram. Ask your health center how to do this.

To live a healthy life:

- choose to take care of your body
- choose to eat healthy food
- choose to limit your alcohol consumption
- choose to be active and keep a healthy body weight
- choose not to smoke
- know your family health history.

Taking care of yourself is just as important as taking care of your family and your community.

You are worth it!

Breast Cancer

Cancer: Unhealthy cells that grow in the body. These cells kill healthy tissue.

Breast Cancer: Unhealthy cells that grow in the breast tissue.



Sources of Help

The Canadian Cancer Society will give you information about cancer.

Call toll-free 1-888-939-3333

Willow Breast and Hereditary Cancer Support gives help from other people who have had breast cancer. Call toll-free 1-888-778-3100

NWT Breast Health/Breast Cancer Action Group information and resources:

Website: www.breasthealthnwt.ca

Facebook page:

www.facebook.com/#!/pages/NWT-Breast-Health/Breast-Cancer-Action-group/348452511834663

Thank you to women in the NWT and Nunavut for their advice about Breast Health and Breast Cancer information, when we were developing this booklet.

This booklet was produced by the NWT Breast Health/Breast Cancer Action Group.

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Funding for this booklet was originally provided by Breast Cancer InfoLink Prairies/NWT under HealthCanada's Canadian Breast Cancer Initiative.

Reprinted in 2001 with funds from the NWT Health and Social Services Health Promotion Fund and in 2010 with funds from the Public Health Agency.

Updated and printed in 2015 with funding from the United Way NWT.

Information in this booklet does not necessarily represent the views of the funding agencies.



NWT Breast Health/
Breast Cancer Action Group



United Way
Northwest Territories