

National Breast Cancer Foundation, Inc.®

The National Breast Cancer Foundation mission is to save lives by increasing awareness of breast cancer through education and by providing mammograms for those in need.

Programs offered by National Breast Cancer Foundation

Mammography Screenings

We provide funding for mammography screenings and educational programs for underserved women across the nation.

Early Detection Education

An Early Detection Plan (EDP) is an interactive tool to help remind women to schedule breast self-exams, mammograms, clinical breast exams and includes a flexible reminder system using email notifications, calendars, and text messages.

Beyond the Shock® is an interactive presentation and a resource for individuals, families, and friends who are trying to better understand the diagnosis of breast cancer.

Research

We fund some of the top research hospitals in the country.

Online Community

We offer the power of an online community to find answers to your breast cancer questions and to connect with other survivors and supporters.

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

Janelle Hail

Executive Director/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 and treatment options, heartfelt emotional support, and valuable services like free mammograms for the underserved.

What can be found at MyNBCF

At our website - www.nbcf.org - you can form a "community" with other women who are dealing with breast cancer as well as survivors who are eager to share their experiences and encouragement.

Here's what you can find at MyNBCF.com:

- Create your own minisite
- Write your own journal
- Join discussion boards
- Find answers to your questions
- Connect with new friends

Your contribution to the Foundation is always appreciated.

www.nbcf.org

What Every Woman Needs
to Know About Breast Cancer



Possible Early Signs of Breast Cancer

- A lump is detected, which is usually single, firm and painless.
- A portion of the skin on the breast or underarm swells and has an unusual appearance.
- Veins on the skin surface become more prominent on one breast.
- The breast nipple becomes inverted, develops a rash, changes texture, or has a discharge other than breast milk.
- A depression is found in an area of the breast surface.
- Women's breasts can develop some degree of lumpiness, but only a small percentage of lumps are malignant.
- While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. If you have a family history of breast cancer, this should be discussed with your doctor.

♥ When breast cancer is found early, the 5-year survival rate is 98%. This is good news! Over 2 million breast cancer survivors are alive in America today.

♥ One woman in eight who lives to age 85 will develop breast cancer during her lifetime.

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.
- A low-fat diet, regular exercise, and no smoking or drinking.

♥ 70% of all breast cancers are found through breast self-exams. Self-exams should be performed monthly.

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

♥ Not all lumps are detectable by touch. We recommend regular mammograms – low-dose X-rays that can detect breast cancer up to 2 years before it can be felt.

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 right shoulder, switch arm positions and repeat the process, using left hand to check right breast.