



## **Examinations and Screenings**

Improve your chances for an early diagnosis, treatment, and recovery with self-examinations and clinical breast examinations.

Regularly checking your breasts allows you to become familiar with what is normal for you and you will become more likely to notice any changes which include:

- Lumps, hard knots or thickening inside the breast or underneath the arm
- Breast swelling, warmth, redness or darkening
- Breast size or shape changes
- Skin dimpling and puckering
- An itchy, scaly nipple sore or rash
- Nipple or breast inversion or retraction
- Sudden nipple discharge
- New localized breast pain that does not go away

A self-examination can help diagnosis breast cancer.

A clinical breast exam should be part of your annual well-woman check-up and performed by your doctor

## **Mammography**

A mammogram is a breast x-ray that can show small early stage breast cancers. High quality digital screening mammography is the most effective tool to detect breast cancer before lumps can be felt or symptoms appear and is available at Taylor Regional Hospital. Early breast cancer detection and diagnosis helps provide a woman with more treatment options and improves outcome.

### **Types of Mammography and Imaging:**

- Digital mammograms – images are produced digitally rather than using film. The screening is more sensitive than traditional film mammography and can include computer aided detection.
- 3-D mammograms – highly efficient and accurate digital technology used to identify small tumor for early detection

- Breast Magnetic Imaging (MRI) – an extremely sensitive test using magnetic fields not x-rays to image the breast.
- Breast Ultrasound – sound imaging that can be used to determine if a breast mass or lump is filled with fluid.