

### **Breast Cancer Task Force of Greater Dayton**

The Breast Cancer Task Force of the Greater Miami Valley is an organized group of healthcare professionals, breast cancer survivors, and community volunteers empowering the community through education, support, and advocacy regarding prevention, early detection, and treatment of breast cancer.

**Contact:**

Breast Cancer Task Force of the Greater Miami Valley  
Premier Community Health  
601 W. Riverview Ave  
Dayton, OH 45406  
1-937-227-9422  
[www.breastcancertf.org](http://www.breastcancertf.org)

### **The American Cancer Society**

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service. With more than two million volunteers nationwide, the American Cancer Society is one of the oldest and largest voluntary health agencies in the United States.

**Contact:**

American Cancer Society, Southwest Ohio Region  
2808 Reading Rd  
Cincinnati, OH 45206-1117  
1-888-227-6446

All American Cancer Society publications may be purchased or ordered by calling your local ACS office at 888-227-6446.

1-800-ACS-2345 The national toll-free help line provides cancer information 24 hours a day, 7 days a week.

[www.cancer.org](http://www.cancer.org)

The American Cancer Society and The Breast Cancer Task Force of the Greater Miami Valley do not endorse any of the publications, organizations, or websites listed in the Breast Health Resource Guide. We simply want to provide the community with ample resources in order for people to make informed decisions.

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## Glossary of Terms

**Remission:** Measurable disappearance of the signs and symptoms of cancer following treatment. A remission may be temporary or permanent.

**Sentinel Node:** The first lymph node receiving lymph from the tumor and the most likely to contain a metastasis if the cancer has spread.

**Screening Mammogram:** A screening mammogram typically has four views (two views of each breast). This is a routine mammogram that is recommended yearly for women over the age of 40.

**Stereotactic Breast Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area.

**Surgical Biopsy:** Surgery to remove all or part of a lump for microscopic examination.

**Systemic Disease:** In breast cancer, this term means that the tumor, which originated in the breast, has spread to distant sites such as the liver, chest, brain, bones, or lung(s).

**Ultrasound Guided Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area using ultrasound.

## Guidelines for Early Detection

The American Cancer Society offers these guidelines for the early detection of breast cancer:

### Age 20 – 39

- Monthly breast self-examination
- Clinical breast examination (CBE) every three years by a doctor or nurse trained in CBE.
- Magnetic resonance imaging (MRI) may also be considered for high-risk patients; for eligibility requirements to be considered "high risk," consult your physician.

### Age 40 and Over

- Monthly breast self-examination
- Annual clinical breast examination by a doctor or nurse
- Annual mammogram
- Magnetic resonance imaging (MRI) may also be considered for high-risk patients; for eligibility requirements to be considered "high-risk," consult your physician.

[**Note:** MRI does not replace an annual mammogram]

The American Cancer Society also recommends that if you have a history of breast cancer in your family or have been told you are at high risk for breast cancer by your physician, you may need to be screened earlier and/or more often.

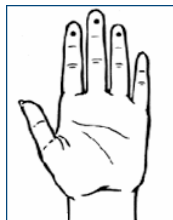
## Breast Self Exam

### How to Examine Your Breasts

□ Lie down and place your right arm behind your head. The exam is done while lying down, and not standing up, so that the breast tissue spreads evenly over the chest wall and it is as thin as possible, making it much easier to feel all the breast tissue.



□ Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



## Glossary of Terms

**Magnetic Resonance Imaging (MRI):** A procedure in which a magnet linked to a computer is used to create a detailed picture of areas inside the body.

**Malignant:** Cancerous

**Mammogram:** An x-ray image of the breast produced by mammography.

**Mammography:** A screening and diagnostic technique that uses low-dose X-rays to find tumors in the breast.

**Mastectomy:** Surgery to remove the breast and some of the surrounding tissue.

**Mastitis:** Inflammation or infection of the breast.

**Needle-Guided Biopsy:** Removal of fluid, cells or tissue with a needle for examination under a microscope.

**Nipple Discharge:** A substance (usually fluid) excreted or secreted out of the nipple.

**Obesity:** An increase in body weight beyond the limitation of skeletal and physical requirements, as the result of excessive accumulation of body fat.

**Oncologist:** A doctor with special training in the diagnosis and treatment of cancer.

**Prognosis:** A prediction of the course of a disease; the prospects of recovery.

**Radiation Oncology:** Treatment with radiation to destroy cancer cells.

**Recurrence:** Cancer that has re-occurred, or reappeared after treatment.

**Reconstruction:** Plastic surgery to reconstruct the breast after a natural breast has been removed. This may be achieved by use of implants.

## Glossary of Terms

**Carcinoma:** Cancer that begins in the skin or in tissues that line or cover internal organs.

**Chemotherapy:** Treatment with anti-cancer drugs; often used to supplement surgery and/or radiation therapy.

**Clinical Breast Exam (CBE):** A breast examination by a health professional (such as your doctor, nurse, nurse practitioner or physician assistant) that is an important part of routine physical checkups.

**Core Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area.

**Cyst:** A fluid-filled mass that is usually harmless but can be removed for analysis under physician's referral.

**Diagnostic Mammogram:** Diagnostic mammograms are for women who are having a problem such as a lump or unusual nipple discharge or pain.

**Digital Mammography:** A technique that uses a computer, rather than x-ray film, to record images of the breast.

**Dimpling:** A pucker or indentation of the skin on the breast.

**Electromagnetic Field (EMF):** The field of force associated with electric charge in motion, having both electric and magnetic components and containing a definite amount of electromagnetic energy.

**Lump:** Any kind of mass that can be felt in the breast or elsewhere in the body.

**Lumpectomy:** Surgery to remove a cancerous tumor and a small amount of normal tissue around it.

**Lymphedema:** Swelling of the arm(s) caused by excess fluid that collects after lymph nodes and vessels are removed by surgery or treatment by radiation

## Breast Self Exam

□ Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.

□ Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collarbone (clavicle).



## Breast Self Exam

- There is some evidence to suggest that the up and down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast without missing any breast tissue.
- Repeat the exam on your left breast, using the finger pads of the right hand.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, dimpling, or redness or scaliness of the nipple or breast skin. (Pressing down on the hips contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it difficult to examine.

## Glossary of Terms

**Aspiration:** The withdrawal of fluid or tissue from a cyst or tumor with a needle or syringe.

**Benign:** Not cancerous.

**Biopsy:** A procedure used to remove cells or tissue in order to look at them under a microscope to check for signs of disease.

**Breast and Cervical Cancer Early Detection Project (BCCP):** A nationwide government funded program that serves women 40 and over who are underinsured and meet income guidelines.

**Breast Implant:** A manufactured sac filled with silicone gel or saline surgically inserted to increase breast size or to replace the removal of a natural breast.

**Breast Self-Exam (BSE):** Monthly procedure allowing women to become familiar with normal appearance and feel of their breast tissue, so that if change occurs, it will be detected early.

**Breast Ultrasound:** A breast exam that uses high-frequency sound waves instead of x-rays and produces clear imaging of dense breast tissue. It is safe for women who are pregnant or who have breast implants.

**Cancer:** A general term for a large group of diseases (more than 100), all characterized by uncontrolled growth and spread of abnormal cells.

**Cancer Resource Center (CRC):** A center set up to inform the public and cancer patients about the resources available in their communities and elsewhere.

**Cancer Survivor:** Anyone living with a history of cancer. This includes newly diagnosed survivors as well as long-term survivors.

**Carcinogen:** Any substance that causes cancer, or helps cancer grow.

## Informational Sources

### Wellness Connection

105 Sugar Camp Circle, Suite 100  
Dayton, OH 45409  
(937) 223-4117 – Office  
(937) 223- 4118 – Fax  
(888) 221-4004 – Toll free  
[www.wellness-connection.org](http://www.wellness-connection.org)

A not-for-profit organization and member of Wellness Community National, the Wellness Connection is dedicated to saving lives, reducing health care costs, and improving quality of life by providing our community with early detection screenings, health education, healthy living services, and disease management.

## Signs and Symptoms of Breast Cancer

Although widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms, some breast cancers are not found by mammograms either because the test was not done or because even under ideal conditions mammograms do not find every breast cancer.

*Possible signs of breast cancer include:*

- New lump or mass
- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Discharge other than breast milk
- Swollen lymph nodes under the arm

The most common sign of breast cancer is a new lump or mass. A mass that is painless and hard with irregular edges is more likely to be cancerous, but some rare cancers are tender, soft, and rounded. For this reason, it is important that any new mass, lump, or breast change is checked by a health care professional with experience in diagnosis of breast diseases. Sometimes a breast cancer can spread to underarm lymph nodes and cause a lump or swelling there even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

## Risk Factors for Breast Cancer

**Age:** Age is one of the main risk factors for breast cancer. Risk increases with age.

**Gender:** Simply being a woman is one of the main risk factors for developing breast cancer.

However, men are at risk for developing breast cancer as well.

**Race:** White, non-Hispanic women are more likely to develop breast cancer but African-American women are more likely to die from the disease.

**Family History:** Breast cancer risk is higher among women whose blood relatives – the mother or father’s side of the family – have the disease. Having one immediate family member – a mother, sister, or daughter – with breast cancer doubles a woman’s risk.

**Menstrual Periods:** Women who began menstruating at an early age (before 12) or who went through menopause at a late age (after 55) have a slightly higher risk of breast cancer.

**Physical Inactivity:** Recent studies indicate that strenuous exercise in youth might provide life-long protection against breast cancer, and moderate physical activity in adults can lower breast cancer risk. Additional research is underway. The American Cancer Society suggests that you exercise for 45-60 minutes 5 or more days a week.

**Alcohol:** Use of alcohol is clearly linked to an increased risk of getting breast cancer. Women who have one drink a day have a very small increased risk. Those who have two to five drinks daily have about one-and-a-half times the risk of women who drink no alcohol. The American Cancer Society suggests limiting the amount you drink.

## Informational Sources

### The Susan G. Komen Breast Cancer Foundation

5005 LBJ Freeway, Suite 250

Dallas, TX 75244

1-877-GoKomen (1-877-465-6636)

www.komen.org

The Komen Foundation is the nation’s largest private funder of breast cancer research dollars. It provides educational information and support and has a large grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all, and energize science to find the cures.

### Y- ME National Breast Cancer Organization

212 West Van Buren Street

Chicago, IL 60607

1-800-221-2141

www.y-me.org

A 24-hour hotline staffed solely by trained breast cancer survivors provides support, information, and educational workshops.

### YWCA USA

1015 18th Street NW, Suite 1100

Washington, DC 20036

(202) 467-0801

www.ywca.org

This community-based program targets women over age 50 in need of early detection education, breast/cervical cancer screening, and support services.

## Informational Sources

### Office of Minority Health Resource Center (OMHRC)

PO Box 37337

Washington, DC 20013-7337

1-800-444-6472

[www.omhrc.gov](http://www.omhrc.gov)

The OMHRC serves as a national resource and referral service on health issues regarding American Indian, Alaskan Natives, African American, Asian American, Pacific Islander, and Hispanic populations.

### Patient Advocate Foundation (PAF)

1-800-532-5274

[www.patientadvocate.org](http://www.patientadvocate.org)

The PAF provides education, legal consulting, and referral services for cancer patients facing employment discrimination, the denial of insurance coverage, or a need to negotiate for services from government assistance programs.

### Pregnant with Cancer

PO Box 1243

Buffalo, NY 14220

1-800-743-4471

[www.pregnantwithcancer.org](http://www.pregnantwithcancer.org)

This national non-profit organization serves women diagnosed with cancer during pregnancy by connecting them with other women who have been pregnant with the same type of cancer.

## Risk Factors for Breast Cancer

**Obesity:** Being overweight or obese is linked to a higher risk of breast cancer, especially for women who are post-menopausal and who gained weight during adulthood. Also, the risk seems to be higher if the extra fat is in the waist area. But the link between weight and breast cancer risk is complex, and studies of fat in the diet as it relates to breast cancer risk have often given conflicting results. The American Cancer Society recommends you maintain a healthy weight throughout your life.

## Understanding Mammograms

### **What is a mammogram?**

A mammogram is an X-ray of the breast.

### **Who can perform a mammogram?**

In Ohio, mammograms must be taken by a licensed, registered mammography technologist qualified to operate specialized mammography equipment.

### **Will there be pain?**

Each breast is compressed for a short time. While it is true that compression is uncomfortable for some women, the procedure usually is not painful. You may want to consult your doctor about taking over-the-counter pain relievers before you have your mammogram.

### **How does the whole process work?**

The mammography technologist takes pictures from two views of each breast – one from above and one from the side. Once the X-ray film is processed, it is viewed and interpreted by a doctor of radiology. The FDA requires that a report, in lay terms, be sent to you within 30 days of your mammogram.

## Informational Sources

### **National Lymphedema Network (NLN)**

Latham Square

1611 Telegraph Avenue, Suite 1111

Oakland, CA 94612-2138

1-800-541-3259

[www.lymphnet.org](http://www.lymphnet.org)

The NLN provides education and guidance to lymphedema patients, health care professionals, and the general public by disseminating information on the prevention and management of primary and secondary lymphedema. It also supports research into the causes and possible alternative treatments for this often incapacitating, long-neglected condition.

### **Native American Cancer Research**

393 South Harlan Street, Suite 125

Lakewood, CO 80226-3571

(303) 975-2449

Fax: (303) 975-2463

1-800-537-8295

[www.natamcancer.org](http://www.natamcancer.org)

This community-based American Indian, non-profit resource seeks to help reduce cancer incidence and mortality in Native Americans and is dedicated to helping improve the lives of Native American cancer patients and survivors.

## Informational Sources

### **National Cancer Institute Cancer Information Services**

6116 Executive Boulevard, Room 3036 A  
Bethesda, MD 20892  
1-800-4CANCER (1-800-422-6237)  
[www.cancer.gov](http://www.cancer.gov)

This hotline provides callers with the opportunity to speak with a specially trained cancer information specialist who can give information on treatment and prevention of cancer and can make appropriate local referrals. Community outreach services and clinical trials search also available.

### **National Indian Health Board (NIHB)**

1940 Duke Street, Suite 200  
Alexandria, VA 22314  
(703) 486-5706  
Fax: (703) 486-5717  
[www.nihb.org](http://www.nihb.org)

This non-profit organization represents Tribal Governments and conducts research, policy analysis, program assessment and development, national and regional meeting planning, training and technical assistance programs, and project management.

## How to Schedule a Mammogram

- 1) It is best to have a clinical breast exam by your doctor before you have a mammogram. At the visit for the breast exam, ask the doctor for a prescription for your mammogram. Most mammography centers do not require prescriptions, but some do.
- 2) Once you have the prescription, you will need to select the mammography center where you would like to have your mammogram performed. (Note: Refer to the list of Mammography Facilities in this Guide to help you select one that best fits your needs and schedule.)
- 3) A few items to remember when you are scheduling your mammogram:
  - a. Do not schedule your mammogram close to your menstrual cycle. Your breasts may be tender and the mammogram may be painful. The best time is one week after your cycle.
  - b. Have the date and location of where you had your prior mammogram and any information pertaining to biopsies or other breast treatments you have had before.
  - c. Have your doctor's name. The mammography center needs a doctor to send the report to or the center will be unable to perform the mammogram.
- 4) Call to schedule your mammogram. Let the mammography center know if you need a screening mammogram or diagnostic mammogram. It will be written on your prescription. (Note: Refer to the Glossary for an explanation of these two mammograms.)

## How to Schedule a Mammogram

- 5) On the day of your mammogram, do not wear deodorant, lotions, powders, or creams in the breast or underarm area—these may interfere with the quality of the mammogram.
- 6) Go to the mammogram.
- 7) Reward yourself for having taken charge of your health!

## Informational Sources

### **National Cancer Survivors Day Foundation (NCSDF)**

PO Box 682285  
Franklin, TN 37068-2285  
(615) 794-3006  
[www.ncsdf.org](http://www.ncsdf.org)

The NCSDF provides guidance and networking for hundreds of organizations that support National Cancer Survivors Day, an annual celebration described as the world's largest event for cancer survivors.

### **National Coalition for Cancer Survivorship (NCCS)**

1010 Wayne Avenue, Suite 770  
Silver Springs, MD 20910  
1-888-937-6227  
[www.canceradvocacy.org](http://www.canceradvocacy.org)

The NCCS is a national, survivor-led advocacy organization working on behalf of people with all types of cancer. It provides educational programs, publications, and public policy expertise.

### **National Comprehensive Cancer Network (NCCN)**

275 Commerce Drive, Suite 300  
Fort Washington, PA 19034  
1-888-909-6226  
[www.nccn.org](http://www.nccn.org)

This alliance of the world's leading cancer centers is dedicated to improving the quality and effectiveness of care provided to patients with cancer and has created scientific guidelines for the treatment of breast cancer. Ohio State University is a part of NCCN.

## Informational Sources

### **Mautner Project for Lesbians with Cancer**

The National Lesbian Health Organization

1707 L Street NW, Suite 230

Washington, DC 20036

(202) 332-5536

Fax: (202) 332-0662

Toll free: 1-866-MAUTNER/1-866-628-8637

[www.mautnerproject.org](http://www.mautnerproject.org)

The Mautner Project improves the health of lesbians and bisexual & transgender women who partner with women and their families, through advocacy, education, research, and direct service.

### **National Asian Women's Health Organization (NAWHO)**

250 Montgomery Street, Suite 900

San Francisco, CA 94104

1-888-NAWHO-18

[www.nawho.org](http://www.nawho.org)

This advocacy group seeks to improve the health status of Asian women and their families through research, education, leadership, and public policy programs.

### **National Alliance for Hispanic Health**

1501 16th Street NW

Washington, DC 20036

(202) 387-5000

Fax: (202) 797-4353

[www.hispanichealth.org](http://www.hispanichealth.org)

This alliance is the sole organization focusing on the health, mental health, and human services needs of the diverse Hispanic communities.

## Things to Expect in a Mammogram

- The procedure requires that you undress above the waist. A wrap will be provided by the facility for you to wear.
- A mammography technologist will be present to position your breasts for the mammogram. Most technologists are women. You and the technologist will be the only ones present during the mammogram.
- The procedure takes about 20 minutes, while the compression of the breasts lasts only a few seconds.
- You may feel some discomfort when your breasts are compressed, but you should not feel pain. If you experience pain during the mammogram, tell the technologist.
- All mammography facilities are now required to send your results to you within 30 days.
- If you are a woman aged 40 or over, you should get a mammogram every year. You can schedule the next one while you are at the facility and/or request a reminder.
- Mammography fees/charges (or a percentage of them) are covered by Medicare, Medicaid, and most private health plans. Low cost mammograms are available in most communities.

## Tips for Good Mammograms

- Ask to see the FDA certificate that is issued to all facilities that meet high professional standards of safety and quality.
- Use a facility that either specializes in mammography or performs many mammograms a day.
- Bring a list of the places, dates of mammograms, biopsies, or other breast treatments you have had before.
- If you have had mammograms at another facility, make every attempt to get those mammograms so that they are available to the radiologist at the current examination.
- On the day of the examination, do not wear deodorant, powders, or creams, which can interfere with the mammogram by appearing on the x-ray film as spots.
- If your breasts are tender the week before your period, avoid mammograms during this time. The best time for you to have a mammogram is one week after your period.
- You should describe any breast symptoms or problems that you are having to the technologist performing the examination. Be prepared to tell the person doing the mammogram (the mammography technologist) about hormone use, family or personal history of breast cancer, and any prior surgeries. You should also discuss any changes or problems in your breasts with your doctor or nurse before having a mammogram.
- If you do not hear from your doctor after 30 days, do not assume that your mammogram was normal – call your doctor or facility.
- Check with your physician to see if certain over-the-counter pain relievers might be helpful in easing any discomfort during the mammogram.
- Avoid caffeine one week before your mammogram.

## Informational Sources

### **Intercultural Cancer Council (ICC)**

Baylor College of Medicine  
1709 Dryden Road, Suite # 1025  
Houston, TX 77030-3411  
(713) 798-4617  
[www.iccnetwork.org](http://www.iccnetwork.org)

The ICC promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories.

### **Living Beyond Breast Cancer (LBBC)**

10 East Athens Avenue, Suite 204  
Ardmore, PA 19003  
Helpline: 888-753-5222  
[www.lbbc.org](http://www.lbbc.org)

LBBC's mission is to empower all women affected by breast cancer to live as long as possible with the best quality of life. Educational symposiums and various publications are available.

### **Male Breast Cancer Resource Center**

Men's Health Network  
P.O. Box 75972  
Washington, DC 20013  
(202) 543-6461, ext 101  
Fax: (202) 543-2727  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

This resource center offers information about male breast cancer, signs and symptoms, treatment options, resources, and other useful information.

## Informational Sources

### CURE

3102 Oak Lawn Avenue, Suite 610  
Dallas, TX 75219  
800-210-CURE (2873); 214-367-3500  
Fax: 214-367-3306  
www.curetoday.com

This organization offers a free subscription to CURE for cancer patients, survivors, and caregivers who live in the United States

### Fertile Hope

65 Broadway, Suite 603  
New York, NY 10006  
(888) 994-HOPE or (212) 242-6798  
FAX (212) 242-4570  
www.fertilehope.org

Fertile Hope is a national non-profit organization dedicated to providing reproductive information, support, and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

### Imaginis

[www.imaginis.com](http://www.imaginis.com)

Imaginis is an independent, award winning, comprehensive resource for information and news on breast cancer and related women's health topics. The website contains thousands of pages of detailed, physician-edited health information and the content is continually updated and growing every day.

## Myths about Breast Cancer

**Myth #1: Older women do not need to undergo regular mammograms.**

**Fact:** As a woman ages, her risk of getting breast cancer will increase. All women 40 and over should have a yearly mammogram.

**Myth #2: Anti-perspirants can cause breast cancer.**

**Fact:** Studies have not shown an association between the use of anti-perspirants and breast cancer.

**Myth #3: A woman is not at risk for breast cancer if there is no family history of the disease.**

**Fact:** Every woman has some risk of breast cancer. In fact, approximately 80% of women who get breast cancer have no known family history of the disease.

**Myth #4: Only the mother's family history of breast cancer can affect a woman's risk factor.**

**Fact:** A history of breast cancer in both the mother's and father's families will influence a woman's risk factor equally. Remember: Half of all genes come from each parent.

**Myth #5: Women with fibrocystic breasts have an increased risk for breast cancer.**

**Fact:** Fibrocystic change is a benign breast condition and does not increase a woman's risk of developing breast cancer. Fibrocystic breasts may be a little more difficult to get images of and additional tests may be needed. Clinical breast exams and self-breast examinations are necessary to recognize changes in the breast tissue.

## Myths about Breast Cancer

### **Myth #6 Having the BRCA1 or BRCA2 gene means the patient will get breast cancer.**

**Fact:** Two breast cancer genes have been identified—BRCA1 and BRCA2—that may increase the breast cancer risk by 40-80%. However, only about 5-10% of breast cancer cases are related to one of these genes.

### **Myth #7: Males do not get breast cancer.**

**Fact:** While breast cancer in men is rare, approximately 1,600 men are diagnosed each year. This accounts for less than one-percent of all breast cancers.

### **Myth #8: High fat foods increase the risk of breast cancer.**

**Fact:** Studies in the United States have not found a solid link between eating high fat foods and an increased risk of developing breast cancer. Ongoing studies are attempting to clarify this issue. However, excessive body weight is a risk factor for breast cancer; therefore, avoidance of a high fat diet is a healthy choice.

### **Myth # 9: Trauma or injury to the breast can cause cancer.**

**Fact:** Injury or trauma to the breast does not cause breast cancer. A person can develop a lump following an injury and a mammogram may be performed. Occasionally a breast cancer can be found on this mammogram, but it is not related to the injury.

## Informational Sources

### **Breast Cancer Foundation**

P. O. Box 751982  
Dayton, OH 45475  
(937) 229-7790  
(937) 223-4418 FAX

[www.breastcancerfdn.org](http://www.breastcancerfdn.org)

This is a non-profit organization, established in 1990, to help further the fight against breast cancer by offering affordable mammography services, education, and prevention to the community at large as well as medical professionals.

### **Breast Cancer Resource Committee (BCRC)**

2005 Belmont Street NW  
Washington, DC 20009  
(202) 463-8040

[www.cancerandcareers.org](http://www.cancerandcareers.org)

The BCRC is dedicated to reducing the incidence of mortality from breast cancer among African-American women.

### **Cancer Hope Network**

2 North Road, Suite A  
Chester, NJ 07930  
1-877-467-3638

[www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

This support network matches cancer patients with trained volunteers who have undergone a similar experience.

## Informational Sources

### **African-American Breast Cancer Alliance (AABCA)**

PO Box 8981

Minneapolis, MN 55408

(612) 825-3675

[www.aabcainc.org](http://www.aabcainc.org)

Founded by African-American women who have had breast cancer, the AABCA is a member supported advocacy organization for breast cancer patients, their families, and the African-American community.

### **American Cancer Society, Southwest Ohio Region**

2808 Reading Road

Cincinnati, OH 45206-1117

1-800-ACS-2345

[www.cancer.org](http://www.cancer.org)

This national, community-based organization provides information and referrals to numerous local ACS community support services.

### **Black Women's Health Initiative**

1420 K Street NW, Suite 1000

Washington, DC 20005

(202) 543-9311

[www.blackwomenshealth.org](http://www.blackwomenshealth.org)

This group seeks to improve the health of black women by providing wellness education and services, health information and education, and advocacy.

## Myths about Breast Cancer

**Myth #10: Electro-magnetic fields (EMFs), such as power lines, microwave ovens, and electric blankets can cause breast cancer.**

**Fact:** The majority of epidemiological studies have shown no relationship between breast cancer in women and magnetic fields from electrical appliances, power lines, or electric blankets.

**Myth #11: Nipple discharge is always cancerous.**

**Fact:** Most nipple discharge does not indicate a breast cancer. Up to 60% of women have some nipple discharge during breast examination. If the discharge is clear, milky, or yellow/green, it does not indicate cancer. Most bloody nipple discharge is not due to cancer, but should be reported to a physician. Only 10% of abnormal discharges are cancerous.

**Myth #12: Oral contraceptives cause breast cancer.**

**Fact:** Recent studies have found that modern birth control pills have no effect on lifetime breast cancer risks. Women at high risk of developing breast cancer should discuss any concerns about oral contraceptives with their physicians.

**Myth #13: A painful breast lump is always benign.**

**Fact:** Up to 10% of breast cancer is associated with pain. The pain may accompany a breast lump. Pain in both breasts is less likely to be related to a breast cancer. Any breast pain should be evaluated by your physician.

## Myths about Breast Cancer

**Myth #14: Women who have had breast cancer should not become pregnant due to the high estrogen levels during pregnancy.**

**Fact:** Studies have shown that the hormonal changes during pregnancy do not typically pose any significant risk of recurrent breast cancer.

**Myth #15: A prophylactic mastectomy will prevent breast cancer.**

**Fact:** While a mastectomy can reduce a woman's risk of breast cancer by approximately 90%, it does not guarantee that her breast cancer will not occur or recur. Cancer can recur in the remaining tissue or in the scar in about 8-10% of women after a mastectomy.

**Myth #16: Underwire bras have been linked to breast cancer.**

**Fact:** A link between underwire bras and breast cancer has not been documented.

**Myth #17: Surgery opens up the cancer to the air and makes it spread.**

**Fact:** Surgery does not cause cancer to spread. Any spread of the breast cancer found after surgery was present in the body prior to surgery.

## Local Breast Cancer Support Groups

### **“SOAR” - Strength, Optimism, and Recovery**

**Purpose:** Women's breast cancer support group that focuses on the concerns and issues unique to breast cancer survivors. Meetings are free and registration is not required

**Location:** Dining Room 1, ground floor  
Kettering Medical Center  
3535 Southern Blvd.  
Kettering, OH 45429

For meeting dates and times or further information contact:  
Cancer Services at 937-395-8115, or 937-298-3399, ext. 57593  
or 57288

### **“Still–Me”**

**Purpose:** The Miami Valley Hospital breast cancer support group provides women who have had breast cancer a time to meet to share thoughts, feelings, and concerns.

**Location:** Maxon Parlor at Miami Valley Hospital  
One Wyoming Street  
Dayton, Ohio 45409

For meeting dates and times or further information contact:  
937-208-4926 or 937-208-3450

## Local Breast Cancer Support Groups

### **SOS – Sharing Our Strength**

**Purpose:** Supportive environment for those with breast cancer at any stage. Support person is welcome.

**Location:** Good Samaritan North Health Center  
9000 N. Main St. Rooms A&B  
Dayton, Ohio 45415

For meeting dates and times or further information contact:  
937-567-6117

### **Sister-Sister Breast Cancer Support Group**

**Purpose:** Sister-Sister is a breast cancer support group designed to provide a safe and caring environment for breast cancer survivors and those whose lives have been touched by breast cancer. Sisters united together to educate, communicate and dedicate our lives to fight against breast cancer.

**Location:** Dr. Charles R. Drew Health Center  
1323 West Third St.  
Dayton, OH 45402

For meeting dates and times or further information contact:  
937-469-3225

## Myths about Breast Cancer

**Myth #18: A mastectomy is a better choice than having a lumpectomy with radiation therapy.**

**Fact:** While there is a slight increased chance of recurrence with a lumpectomy and radiation therapy, the overall survival of women having either surgery is the same. Therefore, having a mastectomy or a lumpectomy with radiation are both safe. It is important to discuss your options with your surgeon to determine which procedure is appropriate for you.

**Myth #19: A mastectomy is better if you have a strong family history of breast cancer in your family.**

**Fact:** Having breast cancer in your family does not mean that your disease should be treated differently from someone who does not have a family history. Discuss your options with your surgeon.

**Myth #20: If your lymph nodes are removed, your arm will be swollen for the rest of your life.**

**Fact:** Arm swelling (lymphedema), numbness, and discomfort occur in only 5-10% of cases. The risk of lymphedema increases to 25% if you have had all of your lymph nodes removed under your arm. (This procedure is called a full auxiliary lymph node dissection). Radiation to the axilla can also increase the likelihood of lymphedema.

## Myths about Breast Cancer

### **Myth #21: Breast Implants cause breast cancer.**

**Fact:** Several studies have found that implants do not increase breast cancer risk. Implants do alter the visualization of breast tissue on standard mammograms, but additional X-ray pictures (called implant displacement views) can be used to more adequately examine the breast tissue.

## Local Breast Cancer Support Groups

### **Noble Circle**

**Purpose:** The Noble Circle Project offers women with cancer the opportunity to focus on self healing modalities, such as complementary and alternative medicine, with the goal of achieving significant gains in their health.

**Location:** The Wellness Connection of the Dayton Region  
105 Sugar Camp Circle, Suite 100  
Dayton, OH 45409

For meeting dates and times or further information contact:  
937-434-9382 or [www.noblecircle.org](http://www.noblecircle.org)

### **PALS for Life (Positive Attitude, Love & Support)**

**Purpose:** Group for women experiencing breast cancer, newly diagnosed or longer standing.

**Location:** Dayton Heart Hospital  
707 S. Edwin Moses Blvd.  
Dayton, Ohio 45408

For meeting dates and times or further information contact:  
937-259-1200

### **Reach to Recovery**

**Purpose:** Gives support to women on a one-on-one basis before or immediately following surgery for breast cancer.

**Location:** Scheduled through the American Cancer Society  
For meeting dates and times or further information contact:  
American Cancer Society, 1-888-227-6446 or [www.cancer.org](http://www.cancer.org)

## Local Breast Cancer Support Groups

### Camp Samaritan

**Purpose:** Wellness Weekends for those living with cancer and their families. Annual weekend to get away with like-minded people.

For meeting dates and times or further information contact:  
Care Finders 1-866-608-3463

### Look Good...Feel Better

**Purpose:** A program that reaches beauty techniques to women cancer patients in active treatment to help combat the appearance-related side effects of cancer treatment.

For meeting dates and times or further information contact:  
American Cancer Society, 1-888-227-6446 or [www.cancer.org](http://www.cancer.org)

### Lymphedema Support Group

**Purpose:** Support and education for women who have lymphedema from breast cancer.

**Location:** 3454 Dayton Xenia Road  
Dayton, OH 45434

For meeting dates and times or further information contact:  
937-298-9699

## Financial Resources LOCAL

### **Breast Cancer Foundation**

7271 N. Main St.  
Dayton, OH 45415  
937-276-8000

**Services offered:** Screening and diagnostic mammograms, breast ultrasounds

**Eligibility criteria:** 40 and over. Eligibility is reviewed on an individual basis.

### **Breast & Cervical Cancer Early Detection Project**

601 W. Riverview Ave.  
Dayton, OH 45406  
937-227-9444 OR 1-866-838-8973

**Services offered:** Clinical Breast Exam, screening and diagnostic mammograms, breast ultrasounds, partial biopsy coverage

**Eligibility criteria:** 40 and over, uninsured, 200% poverty level and below

### **Kettering Foundation Walk for Women's Health**

3535 Southern Blvd.  
Kettering, OH 45429  
937-299-0099

**Services offered:** Screening and diagnostic mammograms, breast ultrasounds

**Eligibility criteria:** Any age, must have physician to send report to, uninsured or underinsured, 200% of poverty level and below, will make exceptions with financial stressors.

**Financial Resources**  
**LOCAL**

**Premier Community Health**

601 W. Riverview Ave.

Dayton, OH 45406

937-227-9444 OR 1-866-838-8973

Services offered: Screening mammograms

Eligibility criteria: 35 and over, uninsured or underinsured, 300% of poverty level and below, and must have physician to send report to.

**NATIONAL**

**American Breast Cancer Foundation**

1220-B East Joppa Rd., Ste 332

Baltimore, MD 21286

1-877-539-2543

Services offered: Clinical Breast Exam, Screening and Diagnostic Mammograms, breast ultrasounds, surgical consultations,

emergency biopsies, support services for breast cancer patients

Eligibility: Men and women all ages, uninsured and underinsured or visit website [www.abcf.org](http://www.abcf.org)

**Cancer Care, Inc.**

275 Seventh Ave., Floor 22

New York, NY 10001

1-800-813-4673

Services offered: Offers counseling and services to cancer patients including helping to cover home nursing and childcare costs

Eligibility: Call for eligibility or visit website [www.cancercare.org](http://www.cancercare.org)

**Mammography Facilities**

**Vanguard Imaging Partners**

1525 East Stroop Road

Kettering, OH 45429

(937) 208-7411

Hours:

Website:

Physician order needed:

Self-Pay discount:

Wheelchair accessible:

Breast Services:

Mon-Fri. 8am - 5pm

[www.vanguardimaging.com](http://www.vanguardimaging.com)

NO for screening mammogram.  
Must have a physician to send report to.

N/A

YES

Screening mammograms

## Mammography Facilities

### Southview Hospital & Family Health Center

1997 Miamisburg-Centerville Road  
Dayton, OH 45459  
(937) 401-6205

Hours: Mon-Fri. 7:30am - 3pm  
Website: N/A  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: YES  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

### Vanguard Imaging Partners

7271 North Main Street, Suite One  
Dayton, OH 45415  
(937) 276-8000

Hours: Mon-Thurs. 8am - 6pm  
Fri. 8am - 5pm  
Website: [www.vanguardimaging.com](http://www.vanguardimaging.com)  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

## Mammography Facilities

### Beavercreek Medical Imaging

2145 North Fairfield Road, Suite A  
Beavercreek, OH 45431  
(937) 431-9729

Hours: Mon-Fri. 8am - 5pm  
Website: N/A  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### Dayton Medical Imaging

7901 Schatz Pointe Drive  
Dayton, OH 45459  
(937) 439-0390

Hours: Mon-Fri. 8am - 6pm  
Sat. 8am - Noon  
Website: [www.daytonmedicalimaging.com](http://www.daytonmedicalimaging.com)  
Physician order needed: YES  
Self-Pay discount: YES, 20% discount if paid in full same day of service  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammography, ultrasound, breast MRI, PET

## Mammography Facilities

### Dayton Medical Imaging

1001 South Main Street  
Englewood, OH 45322  
(937) 836-9729

Hours: Mon-Fri. 8am - 6pm  
Sat. 8am - 1pm  
Website: N/A  
Physician order needed: YES  
Self-Pay discount: YES, 20% discount if paid in full same day of service  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### Dayton Medical Imaging

113 W. National Road  
Vandalia, OH 45377  
(937) 898-9729

Hours: Mon-Fri. 8am - 6pm  
Sat. 8am - Noon  
Website: N/A  
Physician order needed: YES  
Self-Pay discount: YES, 20% discount if paid in full same day of service  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

## Mammography Facilities

### Samaritan Breast Center

9000 North Main Street  
Dayton, OH 45415  
(937) 275-PINK

Hours: Mon-Thurs. 7am - 5pm  
Fri. 8am - 4pm; Sat 8am to Noon  
Website: [www.goodsamdayton.org](http://www.goodsamdayton.org)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast MRI, breast biopsies (stereotactic, ultrasound-guided, MRI)

## Mammography Facilities

### Preble County Medical Center

450B Washington Jackson Road  
Eaton, OH 45320  
(937) 456-8380

Hours: Wednesday, Friday 8am to 3pm  
Website: N/A  
Physician order needed: YES  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### Premier Community Health

601 W. Riverview  
Dayton, OH 45406  
(937) 227-9444

Hours: Varied  
Website: [www.premiercommunityhealth.com](http://www.premiercommunityhealth.com)  
Physician order needed: NO, must have a physician to send the report to.  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening mammograms only

## Mammography Facilities

### Grandview Hospital Breast Health Center

405 W. Grand Avenue  
Dayton, OH 45405  
(937) 226-3270

Hours: Mon-Fri. 6:30am - 5:30pm  
Website: N/A  
Physician order needed: NO for screening mammogram. Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### Greene Center for Radiology

3371 Kemp Road  
Beavercreek, OH 45431  
(937) 458-4400

Hours: Mon, Fri. 8:30am - 5pm  
Tues, Wed., Thurs 8:30am - 4pm  
Website: N/A  
Physician order needed: YES  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

## Mammography Facilities

### Greene Memorial Hospital Dept. of Radiology

1141 N. Monroe Drive  
Xenia, OH 45385  
(937) 352-2200

Hours: Mon-Fri 8am - 4:30pm  
Website: [www.greenehealth.org](http://www.greenehealth.org)  
Physician order needed: YES  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

### Kettering Breast Evaluation Center

2591 Miamisburg-Centerville Road, Suite 201  
Centerville, OH 45459  
(937) 299-0099 or Toll Free 800-373-2160

Hours: Mon-Fri. 7am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to.  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

## Mammography Facilities

### Miami Valley Hospital Medical Imaging

7707 Paragon Road, Suite 106  
Centerville, OH 45459  
(937) 208-2080

Hours: Mon-Fri. 7:15am - 5pm  
Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### Miami Valley Hospital South Breast Center

2400 Miami Valley Drive  
Centerville, OH 45459  
(937) 208-2080

Hours: Mon-Fri. 7:15am - 5:30pm  
Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
Physician order needed: NO for screening mammogram. Must have physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

## Mammography Facilities

### Miami Valley Hospital Breast Center

One Wyoming Street, Suite 3140  
Dayton, OH 45409  
(937) 208-2080

Hours: Mon-Fri. 7:15am - 5:30pm  
Sat 7:15am - 3pm  
Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies.

### Miami Valley Hospital Medical Imaging

1244 Meadowbridge Drive  
Beavercreek, OH 45434  
(937) 208-2080

Hours: Mon-Fri. 7:30am - 5pm  
Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

## Mammography Facilities

### Kettering Breast Evaluation Center

333 Conover Drive, Suite D  
Franklin, OH 45005  
(937) 299-0099 or Toll Free 800-373-2160

Hours: Mon-Fri. 7am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

### Kettering Breast Evaluation Center

580 Lincoln Park Boulevard, Suite 200  
Kettering, OH 45429  
(937) 299-0099 or Toll Free 800-373-2160

Hours: Mon-Fri. 7am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

## Mammography Facilities

### Kettering Breast Evaluation Center

3533 Southern Blvd., Suite 3300

Kettering, OH 45429

(937) 299-0099 or Toll Free 800-373-2160

Hours: Mon-Fri. 7am - 5:30pm

Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)

Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.

Self-Pay discount: Free if eligibility criteria met

Wheelchair accessible: YES

Breast Services: Diagnostic mammograms, breast ultrasound, breast biopsies

### Kettering Radiologists Imaging Center

540 Lincoln Park, Suite 100

Kettering, OH 45429

(937) 299-0900

Hours: Mon-Fri. 8am - 6pm

Website: N/A

Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.

Self-Pay discount: YES, 10% discount if paid in full same day of service

Wheelchair accessible: YES

Breast Services: Screening and diagnostic mammograms, breast ultrasound

## Mammography Facilities

### Kettering Radiologists Imaging Center

2591 Miamisburg-Centerville Road, Suite 100

Dayton, OH 45459

(937) 439-7861

Hours: Mon - Thurs. 7:30am - 5:30pm

Fri. 7:30am - 4:30pm

Sat. 8am - Noon

N/A

Website: N/A  
Physician order needed: NO for screening mammogram.  
Must have a physician to send report to.

Self-Pay discount: YES, 10% discount if paid in full same day of service

Wheelchair accessible: YES

Breast Services: Screening and diagnostic mammograms, breast ultrasound