



**Spotting**Cancer  
SAVES LIVES



# A PROACTIVE PLAN FOR EARLY DETECTION OF BREAST CANCER



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



Cancer  
Detection  
Squad

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## Get the Word Out! We Can Beat Cancer Together.

The more resources we have the more we can spread our message. Help us, if you can, by donating yourself (every little bit helps) or helping to spread the word as a Spotting Cancer ambassador!



**Need help building a habit for spotting cancer early?**  
**[Click here to join the Cancer Detection Squad!](#)**



# WHY HAVE A PROACTIVE PLAN FOR EARLY BREAST CANCER DETECTION?

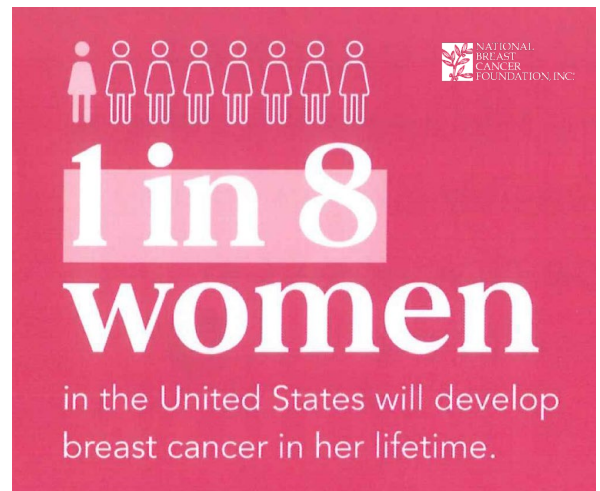
According to the National Cancer Institute database over 99% of Breast Cancer patients can survive 5 or more years if the cancer is detected at Stage 1 or localized (1), and treated before it spreads. People of all genders can get breast cancer so no matter what gender you are proactive plan is required. Unfortunately, 1 out of 8 women and 1 out of 833 men in the U.S. are diagnosed with breast cancer.

The risk of getting Breast Cancer is hard to determine. Knowing your family history and the density of the breast tissue will help your medical team in their evaluation. Methods for early cancer detection include timely and correct type of imaging; regular scheduled medical exams, self-exam, and sometimes genetic testing. Each has its limitations. Since cancer grows 24/7 utilizing all methods generally results in the greatest chance for early detection.

The purpose of the plan is to provide information, methods, and tools on how you may detect breast cancer before it spreads.

## WHEN TO START THE PLAN

At the age of 21




# THE PLAN

## Step 1

Record the biological family cancer history for three generations and give it to your medical team.

### Family Biological Cancer History Chart



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Name \_\_\_\_\_

Date Last Updated \_\_\_\_\_

YOUR BIOLOGICAL RELATIVES (NO STEP RELATIVES)	AGE AT DIAGNOSIS	CANCER BACK WITHIN 5 YEARS? (Y/N)	TYPE OF CANCER	AGE AT DIAGNOSIS	CANCER BACK WITHIN 5 YEARS? (Y/N)	(2 <sup>ND</sup> CANCER)
<b>You:</b>						
*Your Child 1:						
*Your Child 2:						
Your Sibling 1:						
Your Sibling 2:						
<b>Your Mother:</b>						
Her Sibling 1:						
Her Sibling 2:						
Her Mother:						
Her Sibling 1:						
Her Sibling 2:						
Her Father:						
His Sibling 1:						
His Sibling 2:						
<b>Your Father:</b>						
His Sibling 1:						
His Sibling 2:						
His Mother:						
Her Sibling 1:						
Her Sibling 2:						
His Father:						
His Sibling 1:						
His Sibling 2:						
<b>Additional Biological Relatives:</b>						

\*If children have a different biological parent a separate parent form must be filled out for that child(ren).

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## Step 2

Schedule an appointment with your medical provider to discuss and establish your normal breast baseline, the density of your breast tissue, the type and frequency of screenings or testing you should do, and the need for genetic testing.

## Step 3

Have your doctor show you how to self-exam your breast, nipples, breast skin, and underarms

## Step 4

Learn the signs and symptoms to look and feel for when self-examining your breast, breast skin, nipples, and underarms.



# THE PLAN (CONT.)

## Step 5

For two months learn how “your normal” breast, nipples, breast skin, and underarms look and feel. To accomplish this check yourself every couple of days during various times of the month using the same procedure that your doctor did. When comfortable, start Step 6.

## Step 6

Perform the self-exam monthly to determine changes in the look and feel of your breasts.

## Step 7

If you detect what might be an abnormality, do not panic or self-diagnose as many things can cause changes to your breast. Therefore, treat the findings as a “red flag”.

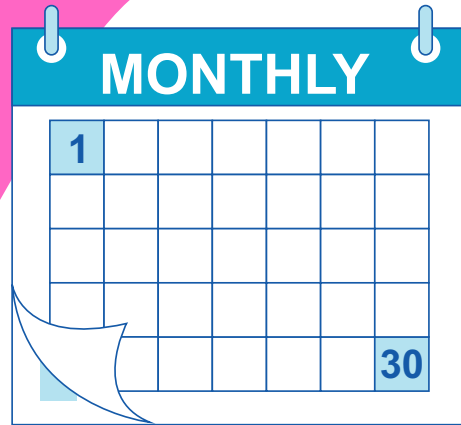
Ask your medical team to evaluate your findings and, if necessary, recommend further action.

## Step 8

Imaging may find lumps that cannot be felt by your medical team or self-breast exams. They are a critical part of early breast cancer detection. Schedule the frequency and type of screening/mammogram, MRI, ultrasound, and any other recommended tests by your healthcare provider well in advance. Keep the date on your calendar as a reminder. **Do not skip your tests.**



# HOW FREQUENTLY TO SELF-EXAM



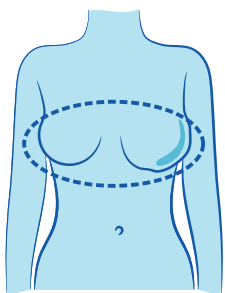
3-5 days after the end of each menstrual cycles. If you do not have monthly periods, then check on the first of the month.

## SIGNS AND SYMPTOMS

Frequently associated with breast cancer

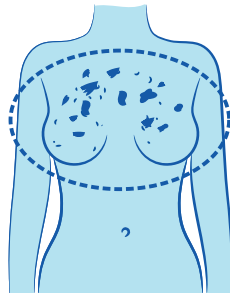
### Breast

- Pain/Soreness
- Swelling
- Lumps (as small as a pea) or thickening of sections
- Change in size or shape (one or both)
- Warm or hot feeling



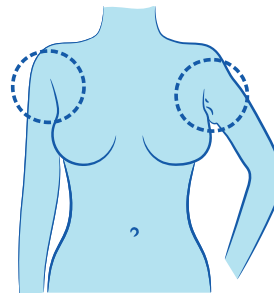
### Breast Skin

- Dry, flaking scaling
- Color change
- Rash/ Sores
- Thickening of skin
- Change in Skin texture (Orange Peel) Describe
- Dimpling, puckering, or bulging



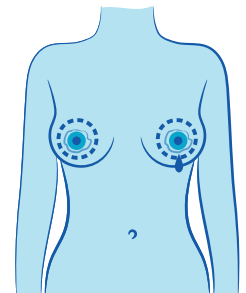
### Underarm (axilla)

- Swollen Lymph node in armpit under skin
- Small, firm, hard lumps in armpit
- Thickening of outer edge of breast going into armpit

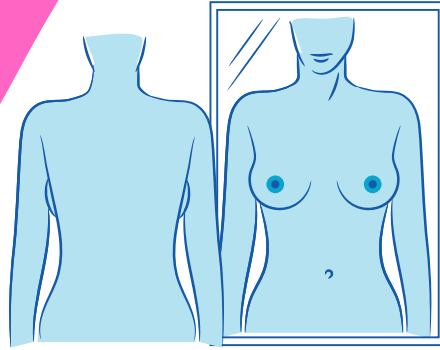


### Nipples

- Invert nipple
- Discharge (other than milk)
- Soreness
- Itchy
- Crusty



# BREAST SELF-EXAM PROCEDURE



## In front of Mirror

### Step 1

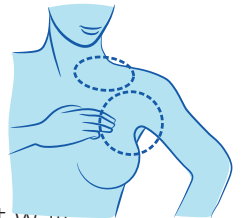
Each time stand in front of the same large mirror in a well-lit area with bra and shirt removed. Place your arms at your side and do the following:

- Look at the breasts for changes in size or shape.
- Check breast skin for sores, color, or texture changes
- See if the nipple is discharging or is crusty.
- Lift breasts to see if ridges along the bottom are symmetrical.
- Squeeze each nipple between the thumb and forefinger to check discharge.

### Step 2

Raise your left hand slightly and place it on the left waist. Use the three middle fingers of your right hand and...

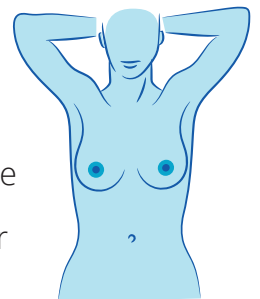
- Examine high into the armpit
- Lower your arm to check the central part of your armpit
- Move your fingers to the chest wall and feel along the front, inner, and back of the armpit
- Switch hands to check another side



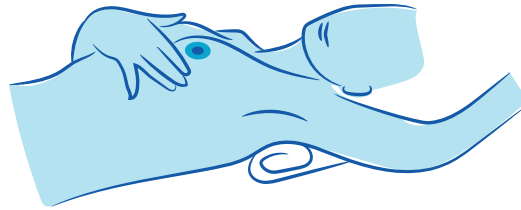
### Step 3

With arms over your head check under your breasts for lumps and any other changes

- Look if each breast moves the same way and retain their shape
- Check for any changes under or on bottom of the breasts



# BREAST SELF-EXAM PROCEDURE (CONT.)

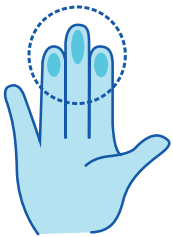


## Lying Down

### Step 1

Lie down on the same flat surface each time to examine your breast. Flatten and spread the breast evenly. Put a pillow under the shoulder of the side to be tested. Put one arm under the head and use the other to examine the breast. Do not rush.

### Step 2



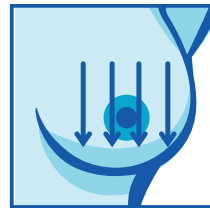
Use the pads of your three middle fingers and one of the following methods (vertical, circular, or wedge) and move them in a methodical manner to feel for lumps or other changes.

### Step 3

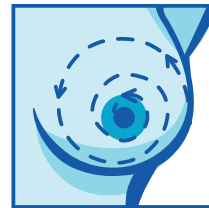
Use different finger pressure in each area to feel all levels of tissue in your breast. (light to check skin, medium to feel the inner section, and firm close to chest and ribs). Do not lift your fingers once the exam started.

### Step 4

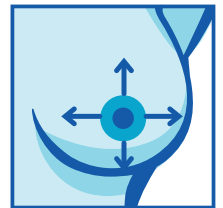
Cover the entire breasts from the center of your chest to the other edge of the breast and the entire area inside your armpit. Be especially aware of where the outer portion of the breasts goes into the underarm



**Vertical**



**Circular**



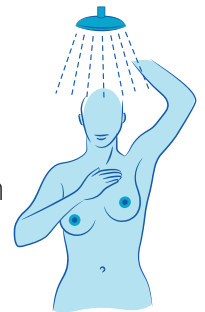
**Wedge**

### Step 5

Switching hands to check the other side



### In the Shower

Exam your breasts while standing upright in the shower and repeat steps 3, 4, and 5 in the lying down procedure.





# SUMMARY

  
**65% of breast cancer cases** are diagnosed at a localized stage, for which **the 5-year survival rate is 99%.** 

Breast Cancer can affect men and women. 99% of Breast Cancer patients can survive if it is detected in Stage 1 or localized (1) and treated timely. Breast imaging and doctor exams are critical parts of the process. Therefore, scheduled doctor exams visits and imaging requires proactive participation by you. However, they can only provide conditions that exist at the moment the test or exam is performed. By executing the provided breast self-exam procedure monthly you may further enhance the possibility of early cancer detection. To maximize the greatest potential for early breast cancer detection, utilize and implement the multiple alternatives presented in this plan.

**MAKE SURE YOUR PLAN FOR EARLY BREAST CANCER DETECTION  
IS PART OF YOUR MONTHLY ROUTINE.  
IT MAY SAVE YOUR LIFE!!**



**Need help building a habit for spotting cancer early?  
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(1) American Cancer Society  
Survival Rates for Breast Cancer  
Revised March 1, 2023

