

Breast Cancer Screening and Mammography

The Best Prevention is Early Detection

Frequently asked questions:

How many women get breast cancer?

Excluding cancers of the skin, **Breast Cancer** is the most common cancer among American women. The chance of developing invasive breast cancer at some time in a woman's life is a little less than 1 in 8 (12%).¹

Some alarming statistics for 2009 in the United States¹:

- An estimated 192,370 new cases of invasive breast cancer are expected to occur among women.
- Approximately 40,170 women are expected to die from breast cancer.
- Only lung cancer accounts for more cancer deaths in women.
- About 1,910 cases of breast cancer are expected to occur among men, accounting for about 1% of all breast cancers. In addition, approximately 440 men will die from breast cancer.

Who should be screened?

Routine screening for breast cancer starting at age 40 is recommended once a year. For women age 20 – 39, Clinical Breast Exam (CBE) should be performed every three years during your woman's health exam with your Physician. Women at risk may benefit from earlier mammography testing.

Who is at risk?

- **Every woman is at risk – 1 woman in every 8 will get breast cancer in their lifetime.**¹
- Besides being female, **age is the most important risk factor** for breast cancer.¹
- Increased risk factors:
 - If your mother or sister had breast cancer, you are more likely to develop breast cancer, especially if they had it at an early age.
 - Radiation therapy to the chest that was given more than 10 years ago, especially in women younger than 30 years old, may increase a woman's risk of developing breast cancer.

How is breast cancer found?

Mammography is the first line and the best available method. It can detect breast cancer an average of 1-4 years **before a woman can feel the lump.**²

A clinical breast examination (CBE) is an exam of your breasts performed by your doctor and is very valuable when done along with a mammogram.

There is no better tool in the fight against breast cancer than early detection. When detected at its early stages, the **five-year survival rate is 89%.**¹

Breast cancer death rates have been on the decline since 1990, with larger decreases in women younger than 50. Researchers attribute those declines to early detection through screening, such as mammography, and improvements in treatment.

(Continued on back)

How do I schedule a Mammogram and where do I go?

It is your responsibility to call and make an appointment for your yearly routine screening. From the list below, contact the facility most convenient for you to schedule an appointment. **Facilities noted with an asterisk (*) require a written prescription.** Call your physician if you are planning to use one of these facilities.

Twin Lakes Imaging Center
1890 LPGA Boulevard, Suite 110
Daytona Beach, FL 32117
(386) 274-5454

Palm Coast Imaging Center
3 Pine Cone Drive, Suite 101
Palm Coast, FL 32137
(386) 446-5200

Port Orange Imaging Center
1195 Dunlawton Avenue
Port Orange, FL 32127
(386) 322-1616

*** Florida Hospital Fish Imaging**
1053 Medical Center Drive, Suite 151
Orange City, FL 32763
(386) 917-5428

*** Florida Hospital-DeLand**
701 W. Plymouth Avenue
DeLand, FL 32720
(386) 943-4522

*** Florida Hospital-Flagler**
60 Memorial Medical Parkway
Palm Coast, FL 32164
(386) 586-4402

*** Bert Fish Medical Center**
401 Palmetto Street
New Smyrna Beach, FL 32168
(386) 424-5044

Town Center Imaging
21 Hospital Drive
Palm Coast, FL 32164
(386) 445-4400

St. Augustine Imaging Center
190 Southpark Boulevard, Suite 101
St. Augustine, FL 32086
(904) 827-9191

*** LAD Imaging, LLC**
1555 Saxon Boulevard, Suite 401
Deltona, FL 32725
(386) 860-9336

How can I learn more?

National Cancer Institute
Cancer Information Service
Telephone: 1-800-4-CANCER
Internet Address: <http://www.cancer.gov>

Susan G. Komen Breast Cancer Foundation
Telephone: 1-800-IM AWARE or 800-462-9273
Internet Address: www.komen.org/

Y-Me National Breast Cancer Hotline
Telephone: 1-800-221-2141, 1-800-986-9505 (Spanish)
Internet Address: <http://www.networkofstrength.org/>

¹ American Cancer Society. *Breast Cancer Facts & Figures 2009-2010*. Atlanta: American Cancer Society, Inc. Available at: http://www.acsevents.org/downloads/STT/F861009_final%209-08-09.pdf

² Centers for Disease Control and Prevention (CDC), *Breast Cancer and You: What You Need to Know*. Available at: <http://www.cdc.gov/cancer/breast/pdf/BreastCancerFS.pdf>