

# BREAST CANCER **EARLY DETECTION TECHNIQUES**



## **EARLY DETECTION**

Early detection guarantees the success of treatment, improves the quality of life of women and can decrease cancer mortality by 18%. When we talk about early detection of breast cancer, we refer to: clinical examination and mammography.

## **CLINICAL EXAMINATION**

The clinical exam is a palpation test performed by your primary doctor, a nurse or health professional. This should be done, at least, two times the year.

## **THE MAMMOGRAPHY**

Mammography is a low-intensity x-ray. It is one of the tools for early detection more efficient to detect breast cancer. Mammography can detect a cancerous nodule, two years before you or your doctor can find out, through the palpation test

## **WHO SHOULD HAVE A MAMMOGRAPHY?**

Medical and health experts recommend that every woman get a mammography between 35 to 39 years old and then annually from 40 years.

Women with a risk factor, to whom their primary care physician recommends getting a mammography before age 50.

**Early detection is your principal ally  
to cure breast cancer.**

## **EDUCATION AND CERNIMENT**

Breast cancer is characterized by abnormal growth of malignant cells in the breast. It is the first cause of death in Puerto Rico in women. Although breast cancer is a very common condition in women, about every 100 cases detected occur in men. Until now breast cancer is a condition that cannot be prevented.

## **RISK FACTORS**

There are a few factors that predispose women to develop breast cancer:

- Age
- Family history with breast cancer (Mother, sister and daughter)
- Menstruation before the age of 12
- Late menopause (after age 55)
- Women who have never had children or who had their first child after 30 years old
- Have previous biopsies
- Overweight
- Alcohol