

# BREAST CANCER EARLY DETECTION TECHNICAL



## 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 BE CONDUCTEDA MAMMOGRAPHY?

Health and medical experts recommend that every woman get a mammogram at least every two years between 50 and 74 years.

Women with any risk factors, that a recommendation from your primary care doctor, tells that one should take place mammogram fi to before 50 years.

**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

 For more information, please call the Preventive Management Department at **787-277-6571**.

**TRIPLE-S SALUD**   
BlueCross BlueShield of Puerto Rico



Triple-S Salud, Inc. cumple con las leyes federales aplicables de derechos civiles y no discrimina por razón de raza, color, origen de nacionalidad, edad, discapacidad o sexo. Triple-S Salud complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. FEH\_4005\_17\_02\_E ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 787-774-6081, libre de costo 1-800-716-6081; (TTY / TDD) 787-792-1370; libre de costo 1-866-215-1999. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 787-774-6081, Toll Free 1-800-716-6081; (TTY / TDD) 787-792-1370; Toll-Free 1-866-215-1999. FEH\_4005\_17\_04 Concesionario Independiente de BlueCross BlueShield Association. TSS-EDS-0223-2019-B