

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 every two years between the age of 50 and 74.

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



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



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