



The Little
PINK Book

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A Girl's Guide to Breast Health



Courtesy of the Jane H. Booker Women's Center

Routine care is the best way to keep you and your breasts healthy. Although detecting breast cancer at its earliest stages is the main goal of routine breast care, other benign conditions, such as fibrocystic breasts or cysts, are often discovered during routine care.

Breast cancer is the most common type of cancer among women in the United States, other than skin cancer. According to the National Cancer Institute, when breast cancer is found early and is still localized (restricted to the site of origin, without evidence of spread), the relative survival rate, when measured at five years, is 96 percent. When breast cancer is found at a late stage (cancer that has spread to distant parts of the body), the survival rate at five years is 21.3 percent.

Although the incidence of breast cancer is increasing, with one out of seven women developing invasive breast cancer at some point in their lives, mortality rates have decreased over the past several years due to early detection and improved treatment.

If you are diagnosed with breast cancer, the most important thing for you to remember is that it is not a hopeless condition. Early detection and modern therapy with a combination of surgery, radiation, drugs, or hormones can help many patients.

BREAST HEALTH: THREE-STEP PLAN FOR PREVENTIVE CARE

Although there are some women who are at higher risk, the fact is that all women are at risk for breast cancer. That is why it is so important to follow this three-step plan for preventive care. Although breast cancer cannot be prevented at the present time, early detection of problems provides the greatest possibility of successful treatment.

1. Routine Self Breast Exam—A woman should begin practicing breast self-examination by the age of 20 and continue the practice throughout her life - even during pregnancy and after menopause. BSE should be done regularly at the same time every month. Regular BSE teaches you to know how your breasts normally feel so that you can more readily detect any change.

2. Clinical Examination—A breast examination by a physician or nurse trained to evaluate breast problems should be part of a woman's physical examination. The American Cancer Society recommends:

- **Between the ages of 20 and 39, women should have a clinical breast examination by a health professional every three years.**
- **After age 40, women should have a breast examination by a health professional every year.**

3. Mammography—According to the National Cancer Institute, women in their 40s and older should begin having a screening mammogram on a regular basis, every one to two years. But, the American Cancer Society recommends that by age 40, women should have a screening mammogram every year. (A diagnostic mammogram may be required when a questionable area is found during a screening mammogram.)

HOW TO PERFORM A BREAST SELF-EXAMINATION (BSE)

Breast self-examination is a procedure performed by an individual to physically and visually examine herself for any changes in the breasts and underarm areas of the body. It has not shown that BSE alone can accurately determine the presence of breast cancer. Therefore, BSE should not be used in place of, but in addition to, clinical breast examination and mammography.

When should BSE be done?

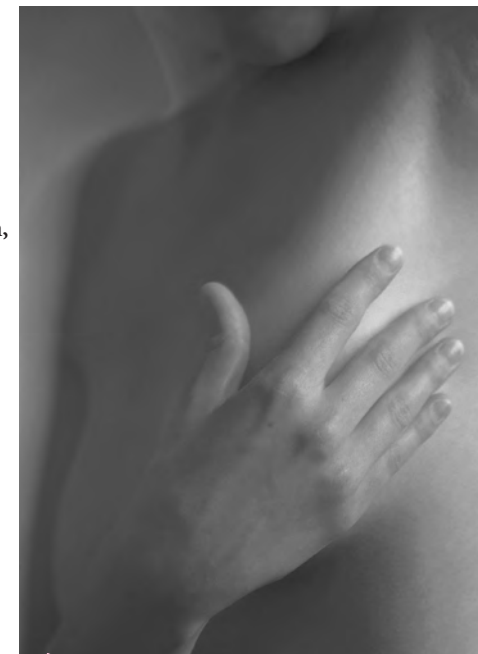
By doing BSE regularly, you get to know how your breasts normally feel so that you are more apt to detect any change. Women should begin practicing breast self-examination by age 20 and continue the practice throughout their lives - even during pregnancy and after menopause.

Breast self-examination (BSE) should be performed every month. Become familiar with how your breasts usually look and feel so that you may notice any change from what is normal for you.

- If you still menstruate, the best time to do BSE is several days, or about a week, after your period ends. These are the days when your breasts are least likely to be tender or swollen.
- If you no longer menstruate, pick a certain day - such as the first day of each month - to remind yourself to do BSE.
- If you are taking hormones, talk with your physician about when to do BSE.

Check with your physician if you find any change in your breast(s) that causes you concern. Changes in your breasts may include:

- **Development of a lump**
- **Discharge other than breast milk**
- **Swelling of the breast**
- **Skin irritation or dimpling**
- **Nipple abnormalities (such as pain, redness, scaliness, turning inward) for puckering, dimpling, or scaliness. Look for a discharge from the nipples.**



HOW TO DO BSE:

1. Stand in front of a mirror that is large enough for you to see your breasts clearly. Check each breast for anything unusual. Check the skin for puckering, dimpling, or scaliness. Look for a discharge from the nipples.



2. Watching closely in the mirror, clasp your hands behind your head and press your hands forward.



3. Next, press your hands firmly on your hips and bend slightly toward the mirror as you pull your shoulders and elbows forward.

Do steps 2 and 3 to check for any change in the shape or contour of your breasts. As you do these steps, you should feel your chest muscles tighten.

4. Gently squeeze each nipple and look for a discharge.

5. Raise one arm. Use the pads of the fingers of your other hand to check the breast and the surrounding area firmly, carefully, and thoroughly. Some women like to use lotion or powder to help their fingers glide easily over the skin. Feel for any unusual lump or mass under the skin. Feel the tissue by pressing your fingers in small, overlapping areas about the size of a dime. To be sure you cover your whole breast, take your time and follow a definite pattern: lines, circles, or wedges.

Lines: Start in the underarm area and move your fingers downward little by little until they are below the breast. Then move your fingers slightly toward the middle and slowly move back up. Go up and down until you cover the whole area.

Circles: Beginning at the outer edge of your breast, move your fingers slowly around the whole breast in a circle. Move around the breast in smaller and smaller circles, gradually working toward the nipple. Don't forget to check the underarm and upper chest areas, too.

Wedges: Starting at the outer edge of the breast, move your fingers toward the nipple and back to the edge. Check your whole breast, covering one small wedge-shaped section at a time. Be sure to check the underarm area and the upper chest.

6. It is important to repeat step 5 while you are lying down.

Lie flat on your back, with one arm over your head and a pillow or folded towel under the shoulder. This position flattens the breast and makes it easier to check.



7. Some women repeat step 5 in the shower. Your fingers will glide easily over soapy skin, so you can concentrate on feeling for changes underneath.



WHAT DO YOU DO IF YOU FIND A LUMP?

It is natural to be frightened when discovering a lump, but do not let the prospect of cancer delay you from taking action. Remember that 80 percent of all breast lumps are benign (non-cancerous).want to see you right away.

If you discover a lump in one breast or feel something "different" in the tissue, examine the same spot in the opposite breast. Usually, if the same area in the opposite breast feels the same there is little need for worry. However, if they feel different, or you feel a definite lump, there may be valid reason for concern and it is important to contact your physician right away.

MAMMOGRAPHY

A mammogram is an x-ray examination of the breast. It is used to detect and diagnose breast disease in women who either have breast problems such as a lump, pain, or nipple discharge, as well as for women who have no breast complaints.

Mammography cannot prove that an abnormal area is cancer, but if it raises a significant suspicion of cancer, tissue will be removed for a biopsy. Tissue may be removed by needle or open surgical biopsy and examined under a microscope to determine if it is cancer.

Mammography has been used for about 30 years, and in the past 15 years technical advancements have greatly improved both the technique and results. Today, dedicated equipment, used only for breast x-rays, produce studies that are high in quality but low in radiation dose. Radiation risks are considered to be negligible.

The recent development of digital mammography technology shows promise for improved breast imaging. Digital mammography provides electronic images of the breasts that can be enhanced by computer technology, stored on computers, and even transmitted electronically in situations where remote access to the mammogram is required.

WHAT ARE THE DIFFERENT TYPES OF MAMMOGRAMS?

According to the National Cancer Institute:

Screening mammogram: A screening mammogram is an x-ray of the breast used to detect breast changes in women who have no signs of breast cancer. It usually involves two x-rays of each breast. Using a mammogram, it is possible to detect a tumor that cannot be felt.

Diagnostic mammogram: A diagnostic mammogram is an x-ray of the breast used to diagnose unusual breast changes, such as: a lump, pain, nipple thickening or discharge, or a change in breast size or shape.

A diagnostic mammogram is also used to evaluate abnormalities detected on a screening mammogram. It is a basic medical tool and is appropriate in the workup of breast changes, regardless of a woman's age.



I PLEDGE TO HAVE MY ANNUAL MAMMOGRAM!

Now that you've read all about how important annual mammography is to your continued health, do something positive for yourself!

I _____ pledge to make time for myself by scheduling my annual mammogram.

Please contact me at _____ to remind me to have my annual mammogram.

There are two ways to pledge:

1. Visit pinkbank.org and go to the "Taking Action" section.
2. Fax this form with your name and number to **732-224-8408** and we'll call you within three months to remind you to have your annual mammogram.

The team at the Jane H. Booker Women's Center is committed to the health and well-being of women in our community. Through annual events such as Paint the Town Pink and other community events we make it a priority to remind women to have this potentially life-saving screening.

IMPORTANT CONTACT INFORMATION

Booker Cancer Center	732-530-2382	RiverviewMedicalCenter.com
Jane H. Booker Women's Center	732-530-2305	RiverviewMedicalCenter.com

**WE TAKE CARE OF YOU...
BODY, MIND, AND SPIRIT.
The Jane H. Booker Women's Center
At Riverview Medical Center**

You're their rock, their support, and their health care coordinator. But your health is just as important as your child's, your husband's, or your grandchildren's. Give yourself the time and attention you deserve.

Body...

Finding the right doctor is so important. And, for many women, we know it's a combination of trust and expertise. Riverview's obstetricians, gynecologists, and radiologists are among the finest in the tri-state area. Many of our doctors hail from top medical schools and residency programs such as Memorial Sloan Kettering Cancer Center, University of Pennsylvania, Columbia Presbyterian and Hahnemann University School. So, you can trust your procedures and tests will be facilitated and analyzed by the finest.

Mind...

Our team includes a nurse navigator so that, if you're diagnosed with breast cancer, you will have guidance and support from diagnosis through to recovery. Our evening hours and limited wait time, provide the peace of mind women need when scheduling an appointment. Time is a precious commodity for every woman. We're sensitive to your time constraints. So, if you do have to wait, we try to make it as comfortable and as brief as possible. And we'll keep you updated!

Spirit...

Our accomplished technologists pride themselves in treating every woman like a guest in our home. We also provide support groups for women of all ages because we know when we nourish your spirit, body and mind will follow.

Make time for yourself! To schedule your annual mammogram or for a Physician Referral call **1-800-560-9990** or visit RiverviewMedicalCenter.com.

**Women's Center
At a Glance**

- Evening Hours
- Digital Mammography
- Breast MRI
- Bone Densitometry
- Breast Exam
- Core Needle Biopsy
- Excisional Biopsy with Needle Localization
Fine Needle Aspiration Biopsy
- Genetic Education and Testing
- High Resolution Ultrasound
- Major GYN/Oncological Surgery
- Minimally Invasive Surgery by Laparoscopy
- Minimally Invasive Breast Biopsy
- Support Groups
- Nurse Navigator
- Access to advanced treatment options, cancer specialists, and clinical trials at the Booker Cancer Center at Riverview



PINK RESOURCES

THE BREAST TEAM AT RIVERVIEW

Breast Surgeons

Renee Armour, M.D.	732-531-5200	Robert Arbour, M.D.	732-566-2363
Steven Binenbaum, M.D.	732-389-1331	Debra Camal, M.D.	732-531-5200
Stephen Chagares, M.D.	732-460-1300	Donald Cugini, M.D.	732-530-0151
Walter Hayne, M.D.	732-403-2075	Franklin Hernando, M.D.	732-264-7171
Young Kim, M.D.	732-380-0445	Hung Nguyen, M.D.	732-888-9400
Phillipa Woodruffe, M.D.	732-542-4228		

Medical Oncologists

Aileen Chen, M.D.	732-739-8644	Denis Fitzgerald, M.D.	732-530-8666
Ian Horkheimer, M.D.	732-530-8666	Kenneth Laughinghouse, M.D.	732-530-8666
Richard Scher, D.O.	732-530-8666	Jeffrey Silberberg, M.D.	732-431-8400
Christina Walsh, M.D.	732-530-8666		

Plastic Surgeons

Russell Ashinoff, M.D.	732-741-0970	Dimitrios Danikas, M.D.	732-460-9555
Stephen Dudick, M.D.	732-741-1303	Andrew Elkwood, M.D.	732-741-0970
Negin Griffith, M.D.	732-335-0335	Gregory Greco, D.O.	732-842-3737
Peter Hetzler, M.D.	732-219-0447	Louis Iorio, M.D.	732-780-9191
Matthew Kaufman, M.D.	732-741-0970	Chang Soo Kim, M.D.	732-780-0300
Anthony Lombardi, M.D.	732-460-9555	Munjal Patel, M.D.	732-739-2100
Tushar Patel, M.D.	732-741-0970	Michael Risin, M.D.	732-933-8788
Michael Rose, M.D.	732-741-0970	Asaad Samra, M.D.	732-739-2100
John Taylor, M.D.	732-483-1800	Rudolf Thompson, M.D.	732-460-9555
Eric Wurmser, M.D.	732-747-5353		

Radiation Oncologists

Adnan Danish, M.D.	732-530-2468	Hasmik Diratzouian, M.D.	732-530-2468
Nathan Kaufman, M.D.	732-836-4109		

Radiologists

Bokran Won, M.D.	732-530-2305
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Obstetricians/Gynecologists

Michael Conley, M.D.	732-739-2500	Robert Farber, M.D.	732-741-1485
Kelly Hammond, M.D.	732-842-0673	Hiroshi Iwamaye, M.D.	732-741-1485
Dana Jacoby, M.D.	732-530-4545	Michelle Jacoby, M.D.	732-842-0673
Michael Karoly, M.D.	732-842-0673	Eugene Kaskiw, M.D.	732-842-0673
Marilyn Loh Collado, M.D.	732-530-5550	Evelyn Minaya, M.D.	732-530-5550
Sagar Patel, M.D.	732-450-2940	Robert Penney, M.D.	732-739-2500
Shirley Tsong, M.D.	732-842-0673	Mary Witkowski, M.D.	732-739-2500
Sanford Wohlstadter, M.D.	732-739-2500		



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