

SELF EXAMINATION

When do I self-exam

You can start from around the age of 20 to self-exams as this is a casual way to understand what is normal for you between scheduled exams. Don't feel guilty if you don't do it often, examining once a month is usually enough.

When is the best time to check?

A few days after your period ends when you are least tender and swollen (and if your over 40, an ideal time to schedule a clinical exam and mammogram). No period? That's okay pick any day you like.

What do I look for?

A breast self-exam is excellent to understand the natural landscape of your breasts; this involves both looking and feeling. It is not a hunt for cancer. Look in the mirror with your arms up then again with your hands to your hips. Stan to the side and then face forward, Check for changes that look like these signs below



Hardening



New asymmetry



Indentation



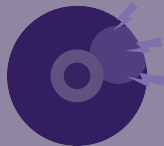
Growing vein



Skin erosion



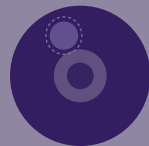
Nipple Retraction



Redness/Heat



Bump



Inside Lump



Dimpling



Strange Fluid



Orange peel skin

MYTHS ABOUT MAMMOGRAMS

Women below the age of 40 years cannot be diagnosed with breast cancer.

FALSE | Many women under the age of 40 are diagnosed with breast cancer every day.

Men cannot get breast cancer.

FALSE | It is less likely than females but still one in every 992 men develops breast cancer.

Alcohol is not linked to breast cancer.

FALSE | Alcohol increases the risk of breast cancer.

Only women with a family history of breast cancer are at risk.

FALSE | All women are at risk, family history, only increases the likelihood of developing breast cancer.

Mammograms can cause cancer.

FALSE | Mammograms utilise minimal doses of radiation, the risk of harm has never been proven. With modern technology radiation doses have consistently decreased with time while increasing inaccuracy.

Mammograms are painful.

FALSE | The quality of the person performing the Mammogram will determine whether it is painful. Thus, with specialised personnel, the procedure should not be painful at all.

My previous Mammogram was normal, and I don't have to repeat it annually.

FALSE | Mammograms help with the detection and not prevention of breast cancer. Having an annual mammogram increases the patient's chances of detecting cancer while in the early stages. We have many patients with previous normal studies presenting with new changes which lead to the early detection of breast cancer.



MAMMOGRAMS What you need to know

Early breast cancer treatment saves lives and leads to better treatment options and outcomes.

#ScreenHerSaveHer



WHERE TO START

First, we start with the self-examination. It is vital to make this a routine procedure. Regular examinations will familiarise yourself with the structure of your breasts and the easier it will be to identify any possible changes.

It is crucial noting that self-examination does not replace or negate the need for a Mammogram.

Mammography increased the detection of breast cancer, especially in its early stages, even before any visible signs appear.

“Breast cancer is the most common cancer in women of all races, with a lifetime risk of **1 in 27** in South Africa.”

WHAT IS A MAMMOGRAM?

A Mammogram is specialised imaging that uses low dose X-rays to evaluate the internal structure of the breast. Mammography is the most important method in the early detection of breast cancer.

The goal of breast cancer screening is to prevent patients from presenting at an advanced, incurable stage of the disease — currently 20% of South African women present with breast cancer at an incurable stage.

Mammograms will be able to show any abnormalities in the breast and help the treating doctor to detect anomalies before they become cancer and to detect early cancer before it leads to death.

We must realise that every person is at risk of developing breast cancer, it is our responsibility to take the necessary steps in taking care of ourselves, not only for our sake but also for our families and friends.

PROCEDURE

The personnel at Keystone are passionate about the specific needs of individuals regarding breast health care. We take pride in giving patients the necessary assistance in the treatment and early detection of breast cancer.

- 1 The patient will be asked to undress from the waist upwards. The patient will be provided with a cape to cover herself.
- 2 One of our professional Mammographers will perform the Mammogram with the use of a full field Digital Mammography unit. All Mammographers are female staff.
- 3 The Female Mammographer will position the patient's breast for the procedure.
- 4 To be able to get a high-quality image, place the breast inside the Mammogram unit. The Mammographer places the patient's breast on the machines' plate. The upper plastic plate is lowered to compress the patient's breast for a few moments, while the image is being taken.
- 5 Once the images are taken, the patient will be taken through for a routine, supplementary breast ultrasound.
- 6 The findings of the study are discussed with the patient during the ultrasound. If there is something of concern, this will then be mentioned and explained to the patient by the Radiologist.
- 7 Once the ultrasound is complete, the patient will receive a dedicated Radiological report.



FAQ

What does a lump look like?

A cancerous lump often feels hard and immovable like a seed. Normal lumps, (milk lobes and lymph nodes) feel like soft peas because breasts can often swell and become tender.

What steps can I take to detect breast cancer?

The patient finds about 25-35% of breast cancer, so reporting symptoms to a doctor is smart. However, mammograms can detect tiny lumps before they can be felt, giving the best chances of early detection. When found at the beginning stage, the cure rate is over 90%. Early breast cancer treatment saves lives and leads to better treatment options and outcomes.

What is my risk?

Breast cancer is the most common cancer in women of all races, with a lifetime risk of 1 in 27 in South Africa, with most women being diagnosed when they are 50 years and older. Your breast cancer risk increases as you get older, as well as having higher exposure to estrogen, 80% of women diagnosed with breast cancer, do not have a family history of the disease.

OUR SERVICES



X-Ray



Mammography



Sonar



CT Scan



Bone Density



MRI

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