



Memorial Sloan Kettering is recognized as a world leader in the prevention, diagnosis and treatment of breast cancer. Our breast cancer specialists take a comprehensive approach to cancer treatment. We prioritize the quality of life of the people we care for, providing social services, emotional support, integrative medicine, and access to the latest advancements in cancer science.

## Your Guide to Breast Health

Access MSK Direct at **[www.mskcc.org/nycdcc](http://www.mskcc.org/nycdcc)** or call the dedicated toll-free phone line for you and your loved ones:  
**844-386-3368**

NYCDCC partners with MSK to offer MSK Direct, a program that provides guided access to expert clinical care as well as practical and emotional support.



Memorial Sloan Kettering  
Cancer Center

# WHAT IS BREAST CANCER SCREENING?

Breast cancer screening exams are designed to identify cancer at early stages, when it is more easily and successfully treated. MSK's breast imaging experts recommend the following guidelines designed to save the most lives.

## WHEN SHOULD YOU BE SCREENED?

### Women age 25 and older:

- Practice breast self-awareness.
- Begin yearly clinical breast exams by a doctor.

### Women age 40 and older:

- Begin yearly mammograms.
- Ultrasound may be recommended for women with dense breast tissue.

### Women with a family history of breast cancer:

- Begin yearly imaging exams ten years before the age of the earliest diagnosis in your immediate family, but not earlier than age 25 or later than age 40.
- Consider additional screenings exams.

If you have any questions about when you should start having mammograms, you should talk to your doctor. If you think you are at increased risk of getting breast cancer, you can make an appointment to see one of our specialists.

## MSK'S RISE PROGRAM

For women and men at a higher risk of breast cancer, MSK specialists offer risk assessments and personalized screening plans.

### HOW TO GET READY FOR YOUR BREAST CANCER SCREENING

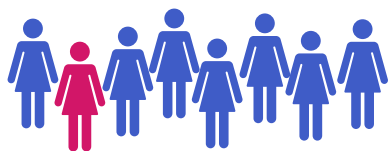
- Talk with your healthcare provider about your personal risk of getting breast cancer.
- Be familiar with your breasts. Tell your healthcare provider about any changes, like new lumps or nipple discharge, even if your imaging exams (mammograms) didn't show any cancer.



## DID YOU KNOW?

Mammograms have helped lower the number of people who died from breast cancer in the United States by

**40%**



**1 in 8** women will be diagnosed with breast cancer.

A woman is diagnosed with breast cancer every

**2 minutes.**



**1 in 6** breast cancers are in women ages **40 to 49.**



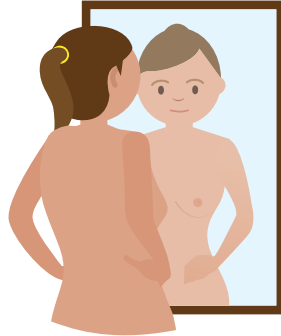
**3 out of 4** women who are diagnosed with breast cancer aren't related by blood to someone with the disease and weren't considered at high risk for getting it.

## GET TO KNOW YOUR BREASTS

You can get to know your breasts at any time, but if you have your period, it's best to wait a few days until they aren't swollen or tender.

### In front of a mirror

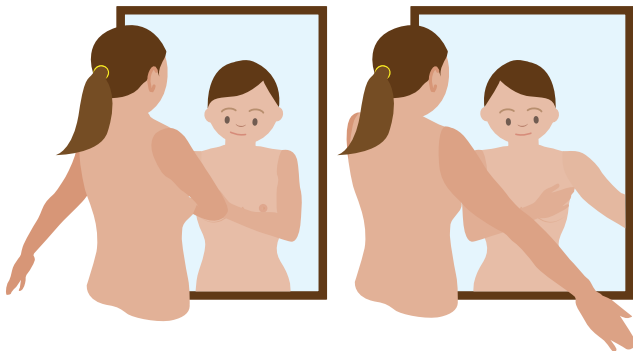
1. Stand in front of a mirror with your breasts exposed and your hands pressing firmly down on your hips.



2. Look in the mirror for any of these changes in your breasts:



- Changes in size, shape, or form
- Dimpling
- Redness or scaliness of your nipples or breast skin
- Any discharge from your nipples



3. Raise one of your arms slightly and examine that underarm. Feel that underarm for any changes or lumps. Do the same thing with your other underarm. Don't raise your arm straight up because this tightens your breast in this area and makes it harder to examine.

### While lying down

1. Lie down on your back and place your right arm behind your head. When you lie down, your breasts spread out, and that makes it easier to examine them.



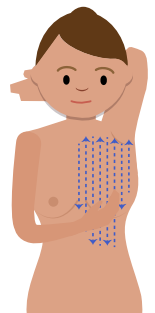
2. Use the pads of the 3 middle fingers on your left hand to feel for lumps in your right breast. Move your fingers in overlapping dime-size circles up and down your breast.



You'll use 3 levels of pressure (light, medium, and firm). Use all 3 pressure levels on each spot to feel your breast before moving on to the next. If you're not sure how hard to press, talk with your doctor or nurse.

- Use light pressure to feel closest to your skin.
- Use medium pressure to feel a little deeper.
- Use firm pressure to feel closest to the chest and ribs. It's normal to feel a firm ridge in the lower curve of each breast.

3. Next, feel your entire breast by moving your fingers up, and then down. This is sometimes called a vertical pattern. Start in your underarm and move your fingers downward little by little until they reach the bottom of your rib cage. Then move your fingers slightly toward the middle and move back up until you reach your collarbone. Continue this pattern, covering your entire breast all the way to the middle of your chest bone (also called the sternum or breastbone).



4. Repeat steps 1 to 3 on your left breast using your right hand.

## BREAST SELF-AWARENESS

A breast self-exam (BSE) is a way to become familiar with your breasts and to check for any changes.

You can do BSEs once a month, occasionally, or not at all. If you choose not to do BSEs, you should still make sure you know how your breasts normally look and feel.

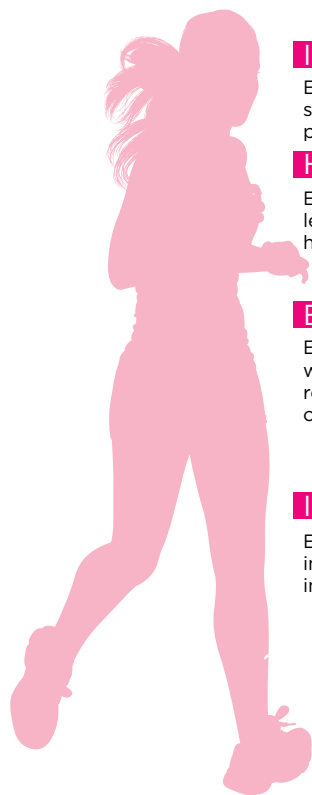


We recommend that all women ages 25 and older practice self-awareness.

## MEN CAN GET BREAST CANCER TOO

Some men have an increased risk of breast cancer because of genetic mutations like BRCA. For those men we recommend starting self-exams at age 35.

## HOW EXERCISE CAN HELP REDUCE YOUR RISK OF BREAST CANCER



### IMMUNE SYSTEM

Exercise may make your immune system stronger, which can help prevent cancer.

### HORMONE LEVELS

Exercise may lower your estrogen levels. Lower estrogen levels can help prevent breast cancer.

### BODY WEIGHT

Exercise may help you manage your weight. A healthy weight may reduce your risk of cancer and other diseases.

### INFLAMMATION

Exercise may reduce inflammation in your body. Over time, chronic inflammation can lead to cancer.



## OUR LOCATIONS

### New York

Memorial Sloan Kettering Cancer Center  
MSK Commack  
MSK Nassau  
MSK Ralph Lauren Center  
MSK Westchester

### New Jersey

MSK Basking Ridge  
MSK Bergen  
MSK Monmouth

## CONTACT

To schedule your mammogram appointment at any of our locations, call **844-386-3368**

For more information, visit us at [mskcc.org/nycdcc](https://mskcc.org/nycdcc).



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