

Average-size lump found by women untrained in breast self-examination.



Average-size lump found in women practicing regular breast self-examination.



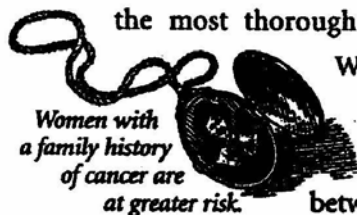
Average-size lump found by getting regular mammograms.

# WITH ENOUGH KNOWLEDGE, YOU CAN MAKE YOUR CHANCES OF DYING FROM BREAST CANCER ALMOST DISAPPEAR.

*"YOU HAVE BREAST CANCER."* YOU'D PROBABLY SAY THERE'S NO GOOD TIME TO HEAR THESE WORDS. BUT ACCORDING TO THE AMERICAN CANCER SOCIETY, IF CANCER IS DISCOVERED EARLY ENOUGH, THE CHANCE OF SURVIVAL IS 94%. AND IF IT IS FOUND IN A VERY SMALL AREA, THE CURE RATE IS CLOSE TO 100%.

Clearly, early detection is our most powerful weapon in the war against breast cancer. So if you don't know how to perform breast self-examination, please talk to your doctor and learn it. Self-examination is simple and takes only a few minutes.

A mammogram is capable of picking up things even the most thorough self-examination cannot.



Women with a family history of cancer are at greater risk.

Women should have their first mammogram between ages

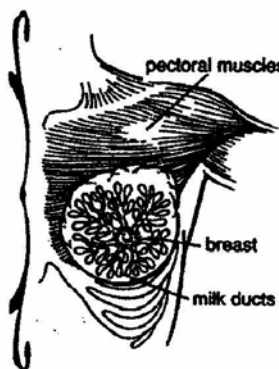
35 and 40. If you are

between 40 and 50, you should

have one every year or two. And once you are over 50, a mammogram every year is in order.

While all women, particularly women over 50, should be knowledgeable in early breast cancer detection methods, some women need to be especially aware. Recent studies have identified two genes that can cause breast cancer in a small number of women.

If someone in your family has or has had breast cancer or cancer of the ovary, you may have inherited one of these genes. A thorough discussion of your family's history with your doctor can help you find out if you are at risk. Genetic testing will soon be available for some women from very high-risk families.



The major function of the breast is to produce milk. Seventy to eighty percent of breast cancer begins in the ducts that carry milk to the nipple. The rest begins in the lobules where milk is produced. And while a lump in the breast is the most common sign of cancer, it should be emphasized that four out of five lumps are not cancerous. If you do find a lump, however, see your doctor.

Other women who may be at greater risk include those who have children late in life or not at all, as well as those who have menopause later than the average.

At Lahey Hitchcock Clinic, we believe that the more you know about your health, the better it is.

For more information about our Breast Centers, including our world-class Mammography, Risk Evaluation and Treatment departments, please call us in Burlington at 617-273-8040, or in Peabody at 508-538-4989. We'll also send you a free breast self-examination shower card. For your convenience, we now have new Wednesday evening hours at



Pick one day a month for self-examination. And stick to it.

the Peabody Breast Center—5:30-8:00pm—for consultations and second opinions regarding breast lumps, breast cancer and abnormal mammograms.

