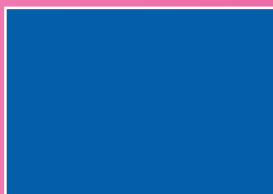
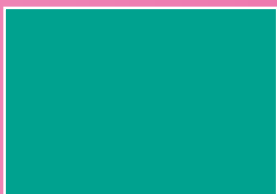




Breast Health Care

Easy to Read, Easy to Understand



Many women do not get breast health information that they can understand. Women with intellectual disabilities have not usually been included in outreach efforts as members of an underserved population. This booklet was designed to present breast health information in easy-to-read language and a readable format. We hope that this breast health information will be helpful for women with intellectual disabilities and other women with low literacy skills.

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1.800.462.9273
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*Our Promise:
To save lives and end breast cancer forever by empowering
people, ensuring quality care for all and energizing science
to find the cures.*

Breast Self-Awareness

Taking care of your breasts is key to taking care of your body.

- Know your risk or chance of getting breast cancer. If you or someone in your family has had breast cancer, tell your doctor.
- Get screened. Ask your doctor when it is time to have a mammogram and a clinical breast exam.
- Know what is normal for your breasts. Call your doctor if you notice any breast changes.
- Live a healthy lifestyle.

Why is Breast Care Important?

Sometimes cells inside your breast can grow too fast. This can cause changes, which might be breast cancer. Breast cancer can be treated. So finding breast changes early is important.

Follow These 4 Steps

1. Learn about your risk for breast cancer.
2. Get screened.
3. Know what is normal for your breasts.
4. Live a healthy lifestyle.



Step 1

Know Your Risk

Talk with your family

Talk with your family, staff, or guardian to learn who in your family has had breast cancer. Has anyone listed below had breast cancer?

- Mother
- Father
- Grandmother
- Grandfather
- Sister
- Brother
- Aunt
- Uncle

If you have had breast cancer or other cancers in the past, this may affect your chance of getting breast cancer.

Talk to your doctor

Talk to your doctor about your family history of breast cancer or other cancers. Learn what you can do to lower your chance of getting breast cancer.



Get a Clinical Breast Exam

What is a clinical breast exam?

- Your doctor checks your breasts at your medical checkup each year.
- In the exam room, you will take off your shirt and bra and put on a gown.
- You will lie down on the exam table.
- Your doctor will press your breasts and under your arms to check for any breast changes such as lumps.
- This exam should not hurt.
- You can ask for a female nurse to be in the room during the exam.
- You can bring a trusted friend or family member for support.

Why do you need to have a clinical breast exam?

- This exam can help to find breast cancer or other breast changes early.

When do you need to start getting a clinical breast exam?

- When you are 20-39 years old, your doctor should check your breasts every one to three years.
- When you are 40 years old and older, your doctor should check your breasts each year.

What if your doctor does not do a clinical breast exam?

- Speak up. Tell your doctor about the breast care steps.
- Ask for a breast exam.
- If your doctor refuses, find a new doctor that will do this for you.



Woman getting a clinical breast exam

Always get your yearly medical checkup

Step 2

Get Screened

Screening is the word used for the tests that the doctor orders to check for cancer. The 2 screenings for breast cancer that you should get are:

- A Mammogram
- A Clinical Breast Exam

Get a Mammogram

What is a mammogram?

- It is a picture or x-ray of the inside of your breasts.
- A mammogram can find a lump that is too small to feel.

When do you get a mammogram?

- When you are 40 years old or older, one time every year.
- Sometimes you may need a mammogram before age 40.

How do you get a mammogram?

- Your doctor's office may schedule this appointment for you.
- Make sure to speak up and ask your doctor or someone you trust to help you make an appointment.

What happens at the mammogram?

- X-ray staff will place one of your breasts between two surfaces on an X-ray machine.
- The machine will press your breast to take an X-ray.
- Then the X-ray staff will repeat this step on your other breast.
- It is normal for this to hurt a little, but it does not last long.
- You can bring a trusted friend or family member for support.



Woman looking at mammography machine



Woman having a mammogram of her left breast

Get your mammogram every year

Step 3

Know What is Normal For You



Woman doing her breast self-exam

Get to know how your breasts look and feel. A breast self-exam is the way you get to know how your breasts look and feel.

What is a Breast Self-Exam?

- It is when you feel and look at your breasts at home in a private place.
- By doing this exam, you get to know how your breasts usually look and feel so that you can see or feel any changes right away.

What You Are Checking When You Do a Breast Self-Exam

You are trying to find any CHANGE in the way your breasts normally look or feel.

- A change in the shape or size of your breasts
- Change in color of the skin
- Liquid coming out of the nipple that starts all of a sudden
- Skin sinking into the breast, called a dimple or dent
- A rash
- A lump or hard knot that can be big or little
- Swelling of the breast
- A sore or itch on the nipple
- Nipple changes, such as turning in
- A warm spot
- A new pain in one spot that does not go away

If You Feel or See Any Change, Don't Ignore It

- Call your doctor or ask someone to help you call your doctor right away. Don't put it off.
- Remember that most breast changes are NOT bad or cancer.



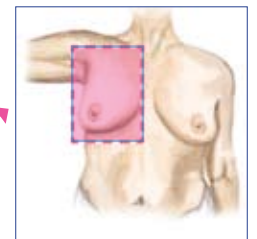
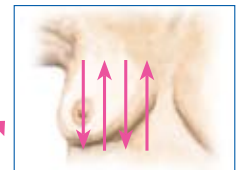
Get Ready

- Go to a private place, like your bedroom.
- Take off your shirt and bra.

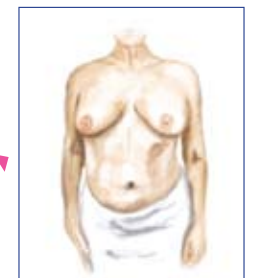


Feel Your Breasts for Changes

- Lie down on your back. Place your right hand under your head.
- Use the pads or tips of your three middle fingers on your left hand to check your right breast.
- Press down in little circles in one spot on your breast. Press with light, medium and firm pressure.
- Keep pressing your breast in an up and down pattern like in the picture.
- Make sure you press the whole breast area – from under your arm to the breastbone, and from above your collarbone to the bra line like in the picture.
- Now you have finished feeling your right breast.
- Next, check your left breast with your right hand, doing the same steps.
- Now you have finished feeling both your breasts.



If you are more comfortable, you can check your breasts when you bathe or shower. Use soapy hands to help your fingers move easier over your breasts.



Now Look at Your Breasts in the Mirror

Look for any changes of your breasts. Look at your breasts in these ways.

1. Put your arms by your side.
2. Next, raise your arms over your head.
3. Next, place your hands on your hips.
4. Then, bend forward with your hands on your hips.



Tell your doctor about any changes

Step 4

Live a Healthy Lifestyle





Healthy Choices

Some healthy choices may help you lower your chance of getting breast cancer. These ideas can help you be healthier!

- Keep a healthy weight.
- Eat healthy.
- Get physical activity every day.
- Don't drink too much alcohol.

For overall good health, don't smoke. Do things that make you happy.

Take care of yourself



Make Plans to Get Screened

1. When was your last mammogram?

Month: _____ Year: _____

Never. [Talk to your doctor.]

When should you have your next mammogram?

Month: _____ Year: _____

Mammography office: _____

Phone number: _____

2. When was your last clinical breast exam?

Month: _____ Year: _____

Never. [Talk to your doctor.]

When should you have your next clinical breast exam?

Month: _____ Year: _____

Doctor's Name: _____

Phone number: _____