

2015

Printing made possible by the  
Breast Cancer Foundation



[www.breastcancerfdn.org](http://www.breastcancerfdn.org)

last updated January 2016

# Breast Health Resource Guide

*for*

# Greater Dayton



**3rd edition**



**Breast Cancer  
Task Force**  
of the Greater Miami Valley

## **Breast Cancer Task Force of the Greater Miami Valley**

The Breast Cancer Task Force of the Greater Miami Valley is an organized group of healthcare professionals, breast cancer survivors, and community volunteers empowering the community through education, support, and advocacy regarding prevention, early detection, and treatment of breast cancer. New members are always welcome.

Contact:

Breast Cancer Task Force of the Greater Miami Valley  
website [www.breastcancertf.org](http://www.breastcancertf.org)

## **The Breast Cancer Foundation**

The Breast Cancer Foundation is operated solely by volunteers and dedicated to fighting breast cancer through education, early detection, and survivor support services. Since its inception, the BCF has teamed with other community partners to address vital breast cancer issues. Funds donated to the Breast Cancer Foundation stay in the Montgomery County, Ohio community and directly benefit women in need.

Contact:

Breast Cancer Foundation  
[www.breastcancerfdn.org](http://www.breastcancerfdn.org)

*The Breast Cancer Foundation and The Breast Cancer Task Force of the Greater Miami Valley do not endorse any of the publications, organizations, or websites listed in the Breast Health Resource Guide. We simply want to provide the community with ample resources in order for people to make informed decisions.*

# Table of Contents

## Information

Guidelines for Early Detection . . . . .	1
Breast Self Exam . . . . .	2
Signs and Symptoms of Breast Cancer . . . . .	4
Risk Factors for Breast Cancer . . . . .	5
Understanding Mammograms . . . . .	6
How to Schedule a Mammogram . . . . .	7
Things to Expect in a Mammogram . . . . .	8
Tips for Good Mammograms . . . . .	9
Myths about Breast Cancer . . . . .	10

## Resources

Financial Resources . . . . .	13
Mammography Facilities . . . . .	15
Local Breast Cancer Support Groups . . . . .	20
Informational Sources . . . . .	24

Glossary . . . . .	30
--------------------	----

More information, resources, and an online version of this booklet can be found on the **Breast Cancer Task Force** website [www.breastcancertf.org](http://www.breastcancertf.org)

As often happens with printed materials, things change. We will keep the information on our website as current as possible.

**Breast Cancer  
Task Force**  
of the Greater Miami Valley



***Join Us!***

**Metastatic Disease:** In breast cancer, this term means that the tumor, which originated in the breast, has spread to distant sites such as the liver, chest, brain, bones, or lung(s).

**Needle-Guided Biopsy:** Removal of fluid, cells, or tissue with a needle for examination under a microscope.

**Nipple Discharge:** A substance (usually fluid) excreted or secreted out of the nipple.

**Obesity:** An increase in body weight beyond the limitation of skeletal and physical requirements, as the result of excessive accumulation of body fat.

**Oncologist:** A doctor with special training in the diagnosis and treatment of cancer.

**Prognosis:** A prediction of the course of a disease; the prospects of recovery.

**Radiation Oncology:** Treatment with radiation to destroy cancer cells.

**Recurrence:** Cancer that has returned after treatment.

**Reconstruction:** Plastic surgery to reconstruct the breast after a natural breast has been removed. This may be achieved by use of implants.

**Remission:** Measurable disappearance of the signs and symptoms of cancer following treatment. A remission may be temporary or permanent.

**Sentinel Node:** The first lymph node receiving lymph drainage from the tumor and the most likely to contain a metastasis if the cancer has spread.

**Screening Mammogram:** A screening mammogram typically has four views (two views of each breast). This is a routine mammogram that is recommended yearly for women age 40 and over.

**Stereotactic Breast Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area.

**Surgical Biopsy:** Surgery to remove all or part of a lump for microscopic examination.

**Ultrasound Guided Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area using ultrasound.

## Guidelines for Early Detection

The American Cancer Society\* offers these guidelines for the early detection of breast cancer:

### Age 20 – 39

- Women should know how their breasts normally look and feel and report any breast changes to a health care provider right away. Breast self-exam (BSE) is an option for women starting in their 20s.
- Clinical breast examination (CBE) every three years by a doctor or nurse trained in CBE
- Magnetic resonance imaging (MRI) may also be considered for high-risk patients  
*(For eligibility requirements to be considered “high risk,” consult your physician.)*

### Age 40 and Over

- Monthly breast self-examination
- Annual clinical breast examination by a doctor or nurse
- Annual mammogram
- Magnetic resonance imaging (MRI) may also be considered for high-risk patients  
*(For eligibility requirements to be considered “high-risk,” consult your physician.)*

[**Note:** MRI does not replace an annual mammogram]

The American Cancer Society also recommends that if you have a history of breast cancer in your family or have been told you are at high risk for breast cancer by your physician, you may need to be screened earlier and/or more often.

\* American Cancer Society (2015, march 11). [www.cancer.org](http://www.cancer.org)

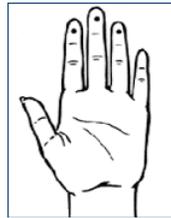
# Breast Self Exam

## How to Examine Your Breasts

- Lie down and place your right arm behind your head. The exam is done while lying down, and not standing up, so that the breast tissue spreads evenly over the chest wall and it is as thin as possible, making it much easier to feel all the breast tissue.



- Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



- Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.

**Core Biopsy:** A method of needle biopsy extracting a tissue sample from the identified problem area.

**Cyst:** A fluid-filled mass that is usually harmless but can be removed for analysis under physician's referral.

**Diagnostic Mammogram:** Diagnostic mammograms are for women who are having a problem such as a lump or unusual nipple discharge or pain.

**Digital Mammography:** A technique that uses a computer, rather than x-ray film, to record images of the breast.

**Dimpling:** A pucker or indentation of the skin on the breast.

**Electromagnetic Field (EMF):** The field of force associated with electric charge in motion, having both electric and magnetic components and containing a definite amount of electromagnetic energy.

**Lump:** Any kind of mass that can be felt in the breast or elsewhere in the body.

**Lumpectomy:** Surgery to remove a cancerous tumor and a small amount of normal tissue around it.

**Lymphedema:** Swelling of the arm(s) caused by excess fluid that collects after lymph nodes and vessels are removed by surgery or treatment by radiation

**Magnetic Resonance Imaging (MRI):** A procedure in which a magnet linked to a computer is used to create a detailed picture of areas inside the body.

**Malignant:** Cancerous

**Mammogram:** An x-ray image of the breast produced by mammography.

**Mammography:** A screening and diagnostic technique that uses low-dose X-rays to find tumors in the breast.

**Mastectomy:** Surgery to remove the breast and some of the surrounding tissue.

**Mastitis:** Inflammation or infection of the breast.

## Glossary of Terms

**Aspiration:** The withdrawal of fluid or tissue from a cyst or tumor with a needle or syringe.

**Benign:** Not cancerous.

**Biopsy:** A procedure used to remove cells or tissue in order to look at them under a microscope to check for signs of disease.

**Breast and Cervical Cancer Early Detection Project (BCCP):** A nationwide government funded program that serves uninsured women 40 and over who are underinsured and meet income guidelines.

**Breast Implant:** A manufactured sac filled with silicone gel or saline surgically inserted to increase breast size or to replace the removal of a natural breast.

**Breast Self-Exam (BSE):** Monthly procedure allowing women to become familiar with normal appearance and feel of their breast tissue, so that if change occurs, it will be detected early.

**Breast Ultrasound:** A breast exam that uses high-frequency sound waves instead of x-rays and produces clear imaging of dense breast tissue. It is safe for women who are pregnant or who have breast implants.

**Cancer:** A general term for a large group of diseases (more than 100), all characterized by uncontrolled growth and spread of abnormal cells.

**Cancer Resource Center (CRC):** A center set up to inform the public and cancer patients about the resources available in their communities and elsewhere.

**Cancer Survivor:** Anyone living with a history of cancer. This includes newly diagnosed survivors as well as long-term survivors.

**Carcinogen:** Any substance that causes cancer, or helps cancer grow.

**Carcinoma:** Cancer that begins in the skin or in tissues that line or cover internal organs.

**Chemotherapy:** Treatment with anti-cancer drugs; often used to supplement surgery and/or radiation therapy.

**Clinical Breast Exam (CBE):** A breast examination by a health professional (such as your doctor, nurse, nurse practitioner, or physician assistant) that is an important part of routine physical checkups.

## Breast Self Exam, Continued

- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collarbone (clavicle).



- Repeat the exam on your left breast, using the finger pads of the right hand.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, dimpling, or redness or scaliness of the nipple or breast skin. (Pressing down on the hips contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it difficult to examine.

## Signs and Symptoms of Breast Cancer

Although widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms, some breast cancers are not found by mammograms either because the test was not done or because even under ideal conditions mammograms do not find every breast cancer.

Signs and symptoms to report to physician include:

- Lump or thickening in the breast or underarm area
- Dimpling or puckering of skin in the breast
- Change in shape, size, or look of the breast
- Nipple discharge, retraction (turning inward), or scaliness
- Redness, discoloration, or swelling of the breast
- Ridges or pitting of the breast (Skin looks like the peel of an orange.)

The most common sign of breast cancer is a new lump or mass. A mass that is painless and hard with irregular edges is more likely to be cancerous, but some rare cancers are tender, soft, and rounded. For this reason, it is important that any new mass, lump, or breast change is checked by a health care professional with experience in diagnosis of breast diseases.

Sometimes a breast cancer can spread to underarm lymph nodes and cause a lump or swelling there even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

### **The Breast Cancer Fund**

BreastCancerFund.org

### **The Susan G. Komen Breast Cancer Foundation**

5005 LBJ Freeway, Suite 250

Dallas, TX 75244

(877) GoKomen or (877) 465-6636

ww5.komen.org

The Komen Foundation is the nation's largest private funder of breast cancer research dollars. It provides educational information and support and has a large grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all, and energize science to find the cures.

### **YWCA USA**

1015 18th Street NW, Suite 1100

Washington, DC 20036

(202) 467-0801

www.ywca.org

This community-based program targets women over age 50 in need of early detection education, breast/cervical cancer screening, and support services.

information on the prevention and management of primary and secondary lymphedema. It also supports research into the causes and possible alternative treatments for this often incapacitating, long-neglected condition.

#### **Native American Cancer Research**

393 South Harlan Street, Suite 125

Lakewood, CO 80226-3571

(303) 975-2449 • Fax: (303) 975-2463 • Toll free: (800) 537-8295

[www.natamcancer.org](http://www.natamcancer.org)

This community-based American Indian, non-profit resource seeks to help reduce cancer incidence and mortality in Native Americans and is dedicated to helping improve the lives of Native American cancer patients and survivors.

#### **Office of Minority Health Resource Center (OMHRC)**

PO Box 37337

Washington, DC 20013-7337

(800) 444-6472

[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

The OMHRC serves as a national resource and referral service on health issues regarding American Indian, Alaskan Natives, African American, Asian American, Pacific Islander, and Hispanic populations.

#### **Patient Advocate Foundation (PAF)**

(800) 532-5274

[www.patientadvocate.org](http://www.patientadvocate.org)

The PAF provides education, legal consulting, and referral services for cancer patients facing employment discrimination, the denial of insurance coverage, or a need to negotiate for services from government assistance programs.

#### **Pregnant with Cancer**

PO Box 253

Amherst, NY 14226

(800) 743-4471

[www.pregnantwithcancer.org](http://www.pregnantwithcancer.org)

This national non-profit organization serves women diagnosed with cancer during pregnancy by connecting them with other women who have been pregnant with the same type of cancer.

## **Risk Factors for Breast Cancer**

**Age:** Age is one of the main risk factors for breast cancer. Risk increases with age.

**Gender:** Simply being a woman is one of the main risk factors for developing breast cancer. However, men are at risk for developing breast cancer as well.

**Race:** White, non-Hispanic women are more likely to develop breast cancer but African-American women are more likely to die from the disease.

**Family History:** Women with family history - either on the mother's or father's side of the family - have a higher risk for breast cancer. Having one immediate family member – a mother, sister, daughter, or father – with breast cancer doubles a woman's risk.

**Menstrual Periods:** Women who began menstruating at an early age (before 12) or who went through menopause at a late age (after 55) have a slightly higher risk of breast cancer.

**Physical Inactivity:** Recent studies indicate that strenuous exercise in youth might provide life-long protection against breast cancer, and moderate physical activity in adults can lower breast cancer risk. Additional research is underway. The American Cancer Society suggests that you exercise for 45-60 minutes 5 or more days a week.

**Alcohol:** Use of alcohol is clearly linked to an increased risk of getting breast cancer. Women who have one drink a day have a very small increased risk. Those who have two to five drinks daily have about one-and-a-half times the risk of women who drink no alcohol. The American Cancer Society suggests limiting the amount you drink.

**Obesity:** Being overweight or obese is linked to a higher risk of breast cancer, especially for women who are post-menopausal and who gained weight during adulthood. Also, the risk seems to be higher if the extra fat is in the waist area. But the link between weight and breast cancer risk is complex, and studies of fat in the diet as it relates to breast cancer risk have often given conflicting results. The American Cancer Society recommends you maintain a healthy weight throughout your life.

# Understanding Mammograms

## What is a mammogram?

A mammogram is an X-ray of the breast.

## Who can perform a mammogram?

In Ohio, only licensed, registered mammography technologists are qualified to operate specialized mammography equipment.

## Will there be pain?

Each breast is compressed for a short time. While it is true that compression is uncomfortable for some women, the procedure usually is not painful. You may want to consult your doctor about taking over-the-counter pain relievers before you have your mammogram.

## How does the whole process work?

The mammography technologist takes pictures from two views of each breast – one from above and one from the side. A radiology doctor will review and interpret the breast images. The FDA requires that a report, in lay terms, be sent to you within 30 days of your mammogram.

## Kettering Breast Evaluation Center

580 Lincoln Park Boulevard, Ste 200, Kettering, OH 45429  
(937) 299-0099 or Toll Free (800) 373-2160

Hours: Mon-Fri. 7:00am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

## Kettering Breast Evaluation Center

3533 Southern Blvd., Ste 3300, Kettering, OH 45429  
(937) 299-0099 or Toll Free (800) 373-2160

Hours: Mon-Fri. 7:00am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Diagnostic mammograms, breast ultrasound, breast biopsies

## Miami Valley Hospital Breast Center

One Wyoming Street, Suite 4120, Dayton, OH 45409  
(937) 208-2080

Hours: Mon-Fri. 7:15am - 5:30pm  
Sat 7:15am - 3:00pm  
Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

### **Grandview Hospital Breast Health Center**

405 W. Grand Avenue, Dayton, OH 45405

(937) 384-4510

Hours: Mon-Fri. 6:30am - 5:30pm  
Website: [www.khnetwork.org/grandview](http://www.khnetwork.org/grandview)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound

### **Greene Memorial Hospital Dept. of Radiology**

1141 N. Monroe Drive, Xenia, OH 45385

(937) 352-2200

Hours: Mon-Fri 8:00am - 4:30pm;  
Sat 8:00am - 12:00pm  
Website: [www.greenehealth.org](http://www.greenehealth.org)  
Physician order needed: YES  
Self-Pay discount: N/A  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies, breast specific gamma imaging (BSGI)

### **Kettering Breast Evaluation Center**

4000 Miamisburg-Centerville Road, Ste 220, Centerville, OH 45459

(937) 299-0099 or Toll Free (800) 373-2160

Hours: Mon-Fri. 7:00am - 5:30pm  
Website: [www.kmcnetwork.org/wcs/BEC\\_main.cfm](http://www.kmcnetwork.org/wcs/BEC_main.cfm)  
Physician order needed: NO for screening mammogram. Must have a physician to send report to  
Self-Pay discount: Free if eligibility criteria met  
Wheelchair accessible: YES  
Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

## **How to Schedule a Mammogram**

1. Have a clinical breast exam by your doctor before you have a mammogram. At the visit for the breast exam, ask the doctor for a prescription for your mammogram. Most mammography centers do not require prescriptions, but some do.
2. Once you have the prescription, select the mammography center where you would like to have your mammogram performed. (Note: Refer to the list of Mammography Facilities in this Guide to help you select one that best fits your needs and schedule.)
3. When you are scheduling your mammogram, remember these things:
  - a. Do not schedule your mammogram close to your menses (period). Your breasts may be tender and the mammogram may be painful. The best time is one week after your menses (period).
  - b. Have the date and location of where you had your prior mammogram and any information pertaining to biopsies or other breast treatments you have had before.
  - c. Have your doctor's name. The mammography center needs a doctor to send the report to or the center will be unable to perform the mammogram.
4. Call to schedule your mammogram. Let the mammography center know if you need a screening mammogram or diagnostic mammogram. It will be written on your prescription. (Note: Refer to the Glossary for an explanation of these two mammograms.)
5. On the day of your mammogram, do not wear deodorant, lotions, powders, or creams in the breast or underarm area—these may interfere with the quality of the mammogram.
6. Go to the mammography center.
7. Reward yourself for having taken charge of your health!

## Things to Expect in a Mammogram

- The procedure requires that you undress above the waist. A wrap will be provided by the facility for you to wear.
- A mammography technologist will be present to position your breasts for the mammogram. Most technologists are women. You and the technologist will be the only ones present during the mammogram.
- The procedure takes about 20 minutes, while the compression of the breasts lasts only a few seconds.
- You may feel some discomfort when your breasts are compressed, but you should not feel pain. If you experience pain during the mammogram, tell the technologist.
- All mammography facilities are now required to send your results to you within 30 days.
- If you are a woman aged 40 or over, you should get a mammogram every year. You can schedule the next one while you are at the facility and/or request a reminder.
- Under the Affordable Care Act, insurance, whether Medicare, Medicaid, or private, must cover the entire fee for a mammogram. Low cost mammograms are available in most communities. (See “Financial Resources” on page 15.)

### **National Cancer Survivors Day Foundation (NCSDF)**

PO Box 682285, Franklin, TN 37068-2285

(615) 794-3006

[www.ncsdf.org](http://www.ncsdf.org)

The NCSDF provides guidance and networking for hundreds of organizations that support National Cancer Survivors Day, an annual celebration described as the world’s largest event for cancer survivors.

### **National Coalition for Cancer Survivorship (NCCS)**

1010 Wayne Avenue, Suite 770, Silver Springs, MD 20910

(888) 650-9127

[www.canceradvocacy.org](http://www.canceradvocacy.org)

The NCCS is a national, survivor-led advocacy organization working on behalf of people with all types of cancer. It provides educational programs, publications, and public policy expertise.

### **National Comprehensive Cancer Network (NCCN)**

275 Commerce Drive, Suite 300, Fort Washington, PA 19034

(215) 690-0300

[www.nccn.org](http://www.nccn.org)

This alliance of the world’s leading cancer centers is dedicated to improving the quality and effectiveness of care provided to patients with cancer and has created scientific guidelines for the treatment of breast cancer. Ohio State University is a part of NCCN.

### **National Indian Health Board (NIHB)**

926 Pennsylvania Ave. SE, Washington, DC 20003

(202) 507-4070

[www.nihb.org](http://www.nihb.org)

This non-profit organization represents Tribal Governments and conducts research, policy analysis, program assessment/development, national & regional meeting planning, training & technical assistance programs, and project management.

### **National Lymphedema Network (NLN)**

116 New Montgomery St. Suite 235

San Francisco, CA 94105

(415) 908-3681

Hot Line: (800) 541-3259

[www.lymphnet.org](http://www.lymphnet.org)

The NLN provides education and guidance to lymphedema patients, health care professionals, and the general public by disseminating

### **Living Beyond Breast Cancer (LBBC)**

354 W. Lancaster, Suite 224, Haverford, PA 19041

Helpline: (888) 753-5222

[www.lbbc.org](http://www.lbbc.org)

LBBC's mission is to empower all women affected by breast cancer to live as long as possible with the best quality of life. Educational symposiums and various publications are available.

### **Male Breast Cancer Resource Center**

Men's Health Network

P.O. Box 75972, Washington, DC 20013

(202) 543-6461, ext 101

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

This resource center offers information about male breast cancer, signs and symptoms, treatment options, resources, and other useful information.

### **Mautner Project for Lesbians with Cancer**

The National Lesbian Health Organization

1875 Connecticut Ave. NW #710, Washington, DC 20009

(202) 332-5536 • Toll free: (866) MAUTNER or (866) 628-8637

[www.mautnerproject.org](http://www.mautnerproject.org)

The Mautner Project improves the health of lesbians and bisexual & transgender women who partner with women and their families, through advocacy, education, research, and direct service.

### **National Alliance for Hispanic Health**

1501 16th Street NW, Washington, DC 20036

(202) 387-5000

[www.hispanichealth.org](http://www.hispanichealth.org)

This alliance is the premier science-based, non-profit organization focusing on improving the health and well being of Hispanics.

### **National Cancer Institute Cancer Information Services**

6116 Executive Boulevard, Suite 300, Bethesda, MD 20892

(800) 4CANCER or (800) 422-6237

[www.cancer.gov](http://www.cancer.gov)

This hotline provides callers with the opportunity to speak with a specially trained cancer information specialist who can give information on treatment and prevention of cancer and can make appropriate local referrals. Community outreach services and clinical trials search also available.

## **Tips for Good Mammograms**

- Ask to see the FDA certificate that is issued to all facilities that meet high professional standards of safety and quality.
- Use a facility that either specializes in mammography or performs many mammograms a day.
- Bring a list of the places, dates of mammograms, biopsies, or other breast treatments you have had before.
- If you have had mammograms at another facility, make every attempt to get those mammograms so that they are available to the radiologist at the current examination.
- On the day of the examination, do not wear deodorant, powders, or creams, which can interfere with the mammogram by appearing on the x-ray film as spots.
- If your breasts are tender the week before your period, avoid mammograms during this time. The best time for you to have a mammogram is one week after your period.
- Describe any breast symptoms or problems that you are having to the technologist performing the examination. Be prepared to tell the mammography technologist about hormone use, family or personal history of breast cancer, and any prior surgeries. You should also discuss any changes or problems in your breasts with your doctor or nurse before having a mammogram.
- If you do not hear from your doctor after 30 days, do not assume that your mammogram was normal – call your doctor or facility.
- Check with your physician to see if certain over-the-counter pain relievers might be helpful in easing any discomfort during the mammogram.
- Avoid caffeine one week before your mammogram.

## Myths about Breast Cancer

**Myth #1: Older women do not need to undergo regular exams/ mammograms.**

**Fact:** As a woman ages, her risk of getting breast cancer will increase. All women 40 and over should have a yearly mammogram.

**Myth #2: Anti-perspirants can cause breast cancer.**

**Fact:** Studies have not shown an association between the use of anti-perspirants and breast cancer.

**Myth #3: A woman is not at risk for breast cancer if there is no family history of the disease.**

**Fact:** Every woman has some risk of breast cancer. In fact, approximately 80% of women who get breast cancer have no known family history of the disease.

**Myth #4: Only the mother's family history of breast cancer can affect a woman's risk factor.**

**Fact:** A history of breast cancer in both the mother's and father's families will influence a woman's risk factor equally. Remember: Half of all genes come from each parent.

**Myth #5: Women with fibrocystic breasts have an increased risk for breast cancer.**

**Fact:** Fibrocystic change is a benign breast condition and does not increase a woman's risk of developing breast cancer. It is recommended that women follow the American Cancer Society breast cancer screening guidelines for appropriate screening of breast tissue.

**Myth #6 Having the BRCA1 or BRCA2 gene means the patient will get breast cancer.**

**Fact:** Two breast cancer genes have been identified—BRCA1 and BRCA2—that may increase the breast cancer risk by 45-65%. However, only about 5-10% of breast cancer cases are related to one of these genes.

**Myth #7: Males do not get breast cancer.**

**Fact:** While breast cancer in men is rare, approximately 1,900 men are diagnosed each year. This accounts for less than one-percent of all breast cancers.

**Myth #8: High fat foods increase the risk of breast cancer.**

**Fact:** Studies in the United States have not found a solid link between eating high fat foods and an increased risk of developing breast cancer.

### Cancer Hope Network

2 North Road, Suite A, Chester, NJ 07930

(877) 467-3638

[www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

This support network matches cancer patients with trained volunteers who have undergone a similar experience.

### CURE

3102 Oak Lawn Avenue, Suite 610, Dallas, TX 75219

(800) 210-CURE or (800) 210-2873 • Fax: (214) 367-3306

[www.curetoday.com](http://www.curetoday.com)

This organization offers a free subscription to CURE for cancer patients, survivors, and caregivers who live in the United States

### Fertile Hope

(866) 965-7205

[www.fertilehope.org](http://www.fertilehope.org)

Fertile Hope is a national non-profit organization dedicated to providing reproductive information, support, and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

### Imaginis

[www.imaginis.com](http://www.imaginis.com)

Imaginis is an independent, award winning, comprehensive resource for information and news on breast cancer and related women's health topics. The website contains thousands of pages of detailed, physician-edited health information, and the content is continually updated and growing every day.

### Intercultural Cancer Council (ICC)

Baylor College of Medicine

1709 Dryden Road, Suite # 1025

Houston, TX 77030-3411

(713) 798-4617, ext. 4

[www.iccnetwork.org](http://www.iccnetwork.org)

The ICC promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories.

## Informational Sources

### **African-American Breast Cancer Alliance (AABCA)**

PO Box 8981, Minneapolis, MN 55408

(612) 825-3675

[www.aabcainc.org](http://www.aabcainc.org)

Founded by African-American women who have had breast cancer, the AABCA is a member supported advocacy organization for breast cancer patients, their families, and the African-American community.

### **American Cancer Society, Southwest Ohio Region**

2808 Reading Road, Cincinnati, OH 45206-1117

(800) ACS-2345 or (800) 228-2345

[www.cancer.org](http://www.cancer.org)

This national, community-based organization provides information and referrals to numerous local ACS community support services.

### **Black Women's Health Imperative**

1726 M St. NW, Suite 300, Washington, DC 20036

(202) 543-9311

[www.blackwomenshealth.org](http://www.blackwomenshealth.org)

This group seeks to improve the health of black women by providing wellness education and services, health information and education, and advocacy.

### **Breast Cancer Foundation**

P. O. Box 751982, Dayton, OH 45475

(937) 674-3450 • Fax (937) 223-4418

[www.breastcancerfdn.org](http://www.breastcancerfdn.org)

E-mail: [admin@breastcancerfdn.org](mailto:admin@breastcancerfdn.org)

This is a non-profit organization, established in 1990, to help further the fight against breast cancer by offering affordable mammography services, education, and prevention to the community at large as well as medical professionals.

### **After Breast Cancer Diagnosis**

5775 N. Glen Park Road, Suite 201, Glendale, WI 53209

(800) 977-4121

[www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)

A 24-hour hotline staffed solely by trained breast cancer survivors provides support, information, and educational workshops.

Ongoing studies are attempting to clarify this issue. However, excessive body weight is a risk factor for breast cancer; therefore, avoidance of a high fat diet is a healthy choice.

### **Myth # 9: Trauma or injury to the breast can cause cancer.**

**Fact:** Injury or trauma to the breast does not cause breast cancer. A person can develop a lump following an injury and a mammogram may be performed. Occasionally a breast cancer can be found on this mammogram, but it is not related to the injury.

### **Myth #10: Electro-magnetic fields (EMFs), such as power lines, microwave ovens, and electric blankets can cause breast cancer.**

**Fact:** The majority of epidemiological studies have shown no relationship between breast cancer in women and magnetic fields from electrical appliances, power lines, or electric blankets.

### **Myth #11: Nipple discharge is always cancerous.**

**Fact:** Most nipple discharge does not indicate a breast cancer. Studies have shown that greater than 50% of women with nipple discharge have no disease. However a very small percentage of breast cancers present with discharge from the nipple. All nipple discharge should be evaluated by your physician.

### **Myth #12: A painful breast lump is always benign.**

**Fact:** Only a small percentage (less than 10%) of breast pain is associated with breast cancer. The pain may accompany a breast lump. Almost all breast pain is due to other causes. Any breast pain or lump should be evaluated by your physician.

### **Myth #13: Women who have had breast cancer should not become pregnant due to the high estrogen levels during pregnancy.**

**Fact:** Studies have shown that the hormonal changes during pregnancy do not typically pose any significant risk of recurrent breast cancer.

### **Myth #14: A prophylactic mastectomy will prevent breast cancer.**

**Fact:** While a prophylactic mastectomy (medication or a treatment designed and used to prevent a disease) can reduce a woman's risk of breast cancer by approximately 90%, it does not guarantee that breast cancer will occur. Cancer can occur in any remaining tissue or in the scar in about 8-10% of women after a mastectomy.

### **Myth #15: Underwire bras have been linked to breast cancer.**

**Fact:** A link between underwire bras and breast cancer has not been documented.

**Myth #16: A mastectomy is a better choice than having a lumpectomy with radiation therapy.**

**Fact:** While there is a slight increased chance of recurrence with a lumpectomy and radiation therapy, the overall survival of women having either surgery is the same. Therefore, having a mastectomy or a lumpectomy with radiation are both safe. It is important to discuss your options with your surgeon to determine which procedure is appropriate for you.

**Myth #17: A mastectomy is better if you have a strong family history of breast cancer in your family.**

**Fact:** Having breast cancer in your family does not mean that your disease should be treated differently from someone who does not have a family history. Discuss your options with your surgeon.

**Myth #18: If your lymph nodes are removed, your arm will be swollen for the rest of your life.**

**Fact:** Arm swelling (lymphedema), numbness, and discomfort occur in only 5-20% of cases. The risk of lymphedema increases when you have all of your lymph nodes removed (full axillary lymph node dissection) versus only having a small sampling of lymph nodes (Sentinel node biopsy). Radiation to the axilla can also increase the likelihood of lymphedema.

**Myth #19: Breast Implants cause breast cancer.**

**Fact:** Several studies have found that implants do not increase breast cancer risk. Implants do alter the visualization of breast tissue on standard mammograms, but additional X-ray pictures (called implant displacement views) can be used to more adequately examine the breast tissue.

*Location:* Nelson Conference Center  
Kettering Medical Center  
3535 Southern Blvd.  
Kettering, OH 45429

For meeting dates and times or further information contact:  
(800) 855-500-CURE

**“Still–Me”**

*Purpose:* To provide women who have had breast cancer a support group and a time to meet to share thoughts, feelings, and concerns.

*Location:* Maxon Parlor at Miami Valley Hospital  
One Wyoming Street  
Dayton, Ohio 45409

For meeting dates and times or further information contact:  
(937) 208-4926 or (937) 208-3450

## **Pink Ribbon Girls**

*Location:* 15 S. 2nd St.  
Tipp City, OH 45371

For meeting dates and times or further information contact:  
Heather Salazar, (937) 350-6767, or info@pinkribbongirls.org

## **Reach to Recovery**

*Purpose:* To give support to women on a one-on-one basis before or immediately following surgery for breast cancer.

For further information contact:  
American Cancer Society, (800) 227-2345 or www.cancer.org

## **SOS – Sharing Our Strength**

*Purpose:* To offer a supportive environment for those with breast cancer at any stage and the support people of those with breast cancer.

*Location:* Good Samaritan North Health Center  
9000 N. Main St. Rooms A&B  
Dayton, Ohio 45415

For meeting dates and times or further information contact:  
(937) 734-6117

## **Sister-Sister Breast Cancer Support Group**

*Purpose:* To provide a safe and caring environment for breast cancer survivors and those whose lives have been touched by breast cancer—to form a group of sisters united together to educate, communicate, and dedicate their lives to fight against breast cancer.

*Location:* Dr. Charles R. Drew Health Center  
1323 West Third St.  
Dayton, OH 45402

For meeting dates and times or further information contact:  
(937) 496-3225

## **“SOAR” - Strength, Optimism, and Recovery**

*Purpose:* Women’s breast cancer support group that focuses on the concerns and issues unique to breast cancer survivors. Meetings are free and registration is not required

## **Financial Resources**

### **Local Financial Resources**

#### **Breast Cancer Foundation**

PO Box 751982  
Dayton, OH 45475  
(937) 674-3450

Services offered: Screening and diagnostic mammograms, breast ultrasounds

Eligibility criteria: 40 and over. Eligibility reviewed on an individual basis

#### **Breast & Cervical Cancer Early Detection Project**

23 Jasper St.  
Dayton, OH 45409  
(937) 227-9444 or (866) 838-8973

Services offered: Clinical breast exam, screening and diagnostic mammograms, breast ultrasounds, partial biopsy coverage

Eligibility criteria: 40 and over, uninsured, 200% poverty level and below

#### **Kettering Foundation Walk for Women’s Health**

3535 Southern Blvd.  
Kettering, OH 45429  
(937) 299-0099

Services offered: Screening and diagnostic mammograms, breast ultrasounds

Eligibility criteria: Any age, must have physician to send report to, uninsured or underinsured, 200% of poverty level and below, will make exceptions with financial stressors

### **Premier Community Health**

23 Jasper St.

Dayton, OH 45409

(937) 227-9444 or (866) 838-8973

Services offered: Screening mammograms

Eligibility criteria: 35 and over, uninsured or underinsured, 300% of poverty level and below, and must have physician to send report to

## **National Financial Resources**

### **American Breast Cancer Foundation**

1220-B East Joppa Rd., Ste 332

Baltimore, MD 21286

(800) 539-2543

Services offered: Clinical breast exam, screening and diagnostic mammograms, breast ultrasounds, surgical consultations, emergency biopsies, support services for breast cancer patients

Eligibility criteria: Men and women all ages, uninsured and underinsured, or visit website [www.abcf.org](http://www.abcf.org)

### **Cancer Care, Inc.**

275 Seventh Ave., Floor 22

New York, NY 10001

(800) 813-4673

Services offered: Offers counseling and services to cancer patients including helping to cover home nursing and childcare costs

Eligibility criteria: Call for eligibility or visit website [www.cancercare.org](http://www.cancercare.org)

### **Maple Tree Cancer Alliance**

*Purpose:* Focus on healthy living

[MapleTreeAlliance.org](http://MapleTreeAlliance.org)

*Location:* 425 N. Findlay St.

Dayton, OH 45404

For meeting dates and times or further information contact:  
Karen Wonders, [karen.wonders@mapletreecanceralliance.org](mailto:karen.wonders@mapletreecanceralliance.org)

### **Living with Lymphedema**

Kettering Foundation - Lymphedema Care (Tax ID#237419897)

*Location:* 3535 Southern Blvd.

Kettering, OH 45429

For meeting dates and times or further information contact:  
Susan Faulkner, [susan.faulkner@khnetwork.org](mailto:susan.faulkner@khnetwork.org), or (937) 478-3131

### **Noble Circle**

*Purpose:* To offer an intimate and caring community for women thriving beyond cancer that brings hope, inspiration, empowerment and healing, through programs focusing on nutritional education, complementary healing techniques and group support.

*Location:* Noble Circle

P.O. Box 750192

Dayton, OH 45475

For meeting dates and times or further information contact:  
(937) 674-5566, Jennie Stockslager [jennie0480@gmail.com](mailto:jennie0480@gmail.com), or [www.noblecircle.org](http://www.noblecircle.org)

### **PALS for Life (Positive Attitude, Love & Support)**

*Purpose:* To offer a support group for women experiencing breast cancer, newly diagnosed or longer standing.

*Location:* Christ United Methodist Church

3440 Shroyer Rd.

Kettering, Ohio 45429

## Local Breast Cancer Support Groups

### Camp Samaritan

*Purpose:* Wellness Weekend for those living with cancer and their families. Annual weekend to get away with like-minded people.

For meeting dates and times or further information contact:  
Care Finders (866) 608-3463

### Expressions of Hope Boutique

*Location:* Miami Valley Hospital South  
Hope Cancer Center, Suite 360  
(937) 438-7355

Good Samaritan North Health Center  
Suite 239 Lakeside  
(937) 898-1566

For further information go to [www.fidelityhealthcare.org/fhcdefault.aspx?id=72128](http://www.fidelityhealthcare.org/fhcdefault.aspx?id=72128)

### I Can Cope

*Location:* American Cancer Society

For further information go to [www.cancer.org](http://www.cancer.org)  
800-227-2345 or 937-2086317

### Look Good...Feel Better

*Purpose:* A program to teach beauty techniques to women cancer patients in active treatment to help combat the appearance-related side effects of cancer treatment.

For meeting dates and times or further information contact:  
American Cancer Society, (800) 227-2345 or [www.cancer.org](http://www.cancer.org)

### Lymphedema Support Group

*Purpose:* To offer support and education for women who have lymphedema from breast cancer.

*Location:* Deal's Nursery  
3454 Dayton Xenia Road  
Dayton, OH 45434

For meeting dates and times or further information contact:  
(937) 298-9699

## Mammography Facilities

### Beavercreek Health Center

2510 Commons Blvd. Suite 120, Beavercreek, OH 45431  
(937) 558-3001

Hours: Mon-Fri. 7:30am - 5:30pm

Website: [www.kmcnetwork.org/beavercreek](http://www.kmcnetwork.org/beavercreek)

Physician order needed: NO for screening mammogram. Must have current physician to send report to

Self-Pay discount: YES

Wheelchair accessible: YES

Breast Services: Screening and diagnostic mammograms, breast ultrasound and breast MRI

### Cornerstone Medical Imaging

7740 Washington Village Drive, Suite 140, Centerville, OH 45459  
(937) 439-7420

Hours: Mon-Fri. 8:00am - 5:00pm

Website: [www.ketteringhealth.org/locations/mammography.cfm](http://www.ketteringhealth.org/locations/mammography.cfm)

Physician order needed: NO for screening mammogram. Must have current physician to send report to

Self-Pay discount: YES

Wheelchair accessible: YES

Breast Services: Screening and diagnostic mammograms, breast ultrasound and breast biopsy

### Good Samaritan Hospital Medical Imaging- HH

6251 Good Samaritan Way, Huber Heights, Oh 45424  
(937) 236-4780

Hours: Mon.-Fri. 7:30 - 5:00pm

Website: [www.goodsamdayton.org](http://www.goodsamdayton.org)

Physician order needed: NO for screening mammogram. Must have current physician to send reports to

Self-Pay discount: YES

Wheelchair accessible: YES

Breast Services: Screening mammograms only

**Miami Valley Hospital Medical Imaging - Beavercreek**

1244 Meadowbridge Drive, Beavercreek, OH 45434

(937) 208-2080

Hours: Mon-Fri. 7:30am - 5:00pm  
 Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
 Physician order needed: NO for screening mammogram. Must have a physician to send report to  
 Self-Pay discount: N/A  
 Wheelchair accessible: YES  
 Breast Services: Screening mammograms only

**Miami Valley Hospital South Breast Center**

2400 Miami Valley Drive, Suite 20, Centerville, OH 45459

(937) 208-2080

Hours: Mon-Fri. 7:15am - 5:30pm  
 Website: [www.miamivalleyhospital.com](http://www.miamivalleyhospital.com)  
 Physician order needed: NO for screening mammogram. Must have physician to send report to  
 Self-Pay discount: N/A  
 Wheelchair accessible: YES  
 Breast Services: Screening and diagnostic mammograms, breast ultrasound, breast biopsies

**Preble County Medical Center**

450B Washington Jackson Road, Eaton, OH 45320

(937) 456-8380

Hours: Mon. - Fri. by appointments  
 Website: [www.kmcnetwork.org/preble](http://www.kmcnetwork.org/preble)  
 Physician order needed: NO for screening mammogram. Must have current physician to send report to  
 Self-Pay discount: YES  
 Wheelchair accessible: YES  
 Breast Services: Screening and diagnostic mammograms, breast ultrasound

**Sugarcreek Health Center**

6438 Wilmington Pike, Suite 200, Dayton, OH 45459

(937) 299-0099

Hours: Mon-Fri. 7:00am - 5:00pm  
 Website: [www.ketteringhealth.org/locations/mammography.cfm](http://www.ketteringhealth.org/locations/mammography.cfm)  
 Physician order needed: NO for screening mammogram. Must have current physician to send report to  
 Self-Pay discount: Free if eligibility criteria met  
 Wheelchair accessible: YES  
 Breast Services: Screening and diagnostic mammograms