

BREAST CANCER

- Breast cancer is the most common cancer among South African women.
- Breast cancer is the number one cancer amongst women worldwide.
- Breast cancer is one of the biggest causes of death in women.
- Although most women are diagnosed with breast cancer between the ages of 45 and 70 years, it can also occur in younger women under 40 years of age.
- The earlier breast cancer is diagnosed, the better the prognosis (survival and quality of life).
- Mammography can reliably diagnose breast cancer before it is palpable (can be felt) by either yourself or your doctor.
- A good quality mammogram is able to detect breast cancer 5 years before it is palpable.

BE BREAST AWARE

Breast awareness is about becoming familiar with your normal breast tissue and how it changes during the month. Perform a monthly breast self examination (BSE) at the same time each month. It only takes a few minutes and can help you notice changes in your breasts. Get to know your breasts, their shape, size and feel.

FOR MAMMOGRAM APPOINTMENTS CONTACT ANY OF THE FOLLOWING VENUES:

WESTRIDGE MEDICAL CENTRE

95 King Cetshwayo Highway, Mayville, Durban
Tel: +27(0)31 273 1050

CHATSMED GARDEN HOSPITAL

80 Woodhurst Drive, Woodhurst, Chatsworth
Tel: +27(0)31 402 9280

MT EDGECOMBE HOSPITAL

602 Redberry Drive, Phoenix
Tel: +27(0)31 502 9500

PIETERMARITZBURG MEDICLINIC

90 Payn Street, Pietermaritzburg
Tel: +27(0)33 392 4720

HILLCREST PRIVATE HOSPITAL

471 Kassier Road, Assagay
Tel: +27(0)31 768 1800

VICTORIA HOSPITAL

35 High Street, Tongaat
Tel: +27(0)32 438 3200

Name _____

Appointment date _____

Hospital _____



**JACKPERSAD
& PARTNERS INC.**

SPECIALIST DIAGNOSTIC
RADIOLOGISTS

www.jackpersad.co.za



**JACKPERSAD
& PARTNERS INC.**

SPECIALIST DIAGNOSTIC
RADIOLOGISTS

Breast Cancer
& Mammography

Mammography, prevent Cancer before it happens...

Mammography is a specific type of imaging procedure using low dose x-radiation for the diagnoses of breast diseases in women.

X-rays are taken of each breast, one in the horizontal position and one in the vertical position. The breasts are compressed between 2 compression plates, which flatten the breast while the x-ray is taken. Compression makes the thickness of the breast more uniform, reduces dose, spreads tissue apart, holds the breast still and reduces x-ray scatter all of which improve quality.

DIAGNOSTIC MAMMOGRAM

Is an X-Ray of both breasts when a known problem exists, or when a patient experiences breast symptoms.

SCREENING MAMMOGRAM

An X-Ray of the breasts to evaluate the breast tissue of a patient who has no breast symptoms.

MAMMOGRAM X-RAY MACHINE

Used exclusively for the examination of the breasts. It is a low dose x-ray system designed specifically for imaging breasts that produces detailed images of the internal structure of the breast.

SOME IMPORTANT POINTS

Please inform the radiographer if you are pregnant or suspect you may be pregnant.

- It is advisable to have a screening mammogram done before embarking on Hormone Replacement Therapy (HRT).
- Patients must not schedule their mammogram for the week prior to or during their menstruation as one's breasts are unusually tender during this time.
- The best time to have a mammogram done is 7-10 days following one's period.
- The radiographer must always be informed, if there is any possibility that the patient might be pregnant, prior to the procedure.
- Patients must refrain from using any perfume, deodorant, talcum powder or lotion under their arms or breasts on the day of the procedure. Patients may carry their deodorant or talcum powder to use after the procedure.
- Any breast symptoms or problems must be described to the radiographer performing the procedure.
- It is important to understand that in order to obtain a good quality image, breast compression is necessary.

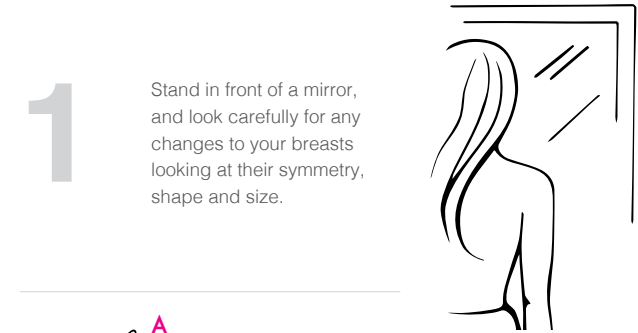
THE MAMMOGRAPHY PROCEDURE

You will be required to remove all clothing and jewellery from waist upwards and put on a gown with a front opening.

- A Mammographer will position and image the breasts. Some patients may find this procedure uncomfortable and painful.
- The examination process usually lasts 40 minutes.
- A specialist radiologist, specialised in the field of mammography may find it necessary to perform an ultrasound examination of the breasts and will also interpret the images and provide a report.

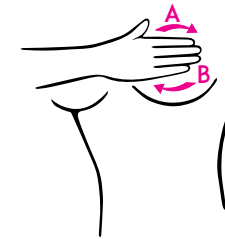
Jackpersad & Partners Inc. also offers the latest Digital Mammography with Computer Aided Detection (CAD), Tomosynthesis, Contrast Enhanced Spectral Mammography (CESM) and Stereotactic biopsies of the Breast. Kindly view our website as this is done @ specific venues.

Self breast examination



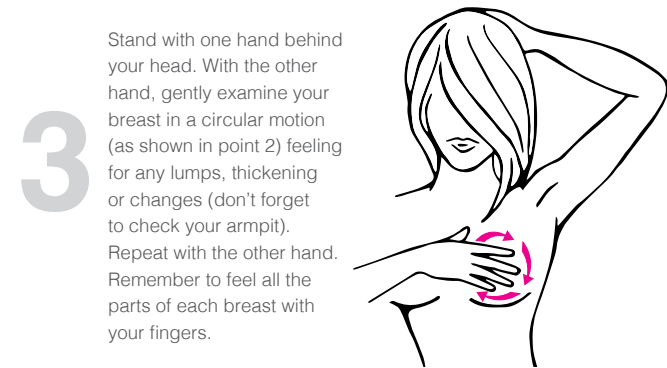
1

Stand in front of a mirror, and look carefully for any changes to your breasts looking at their symmetry, shape and size.



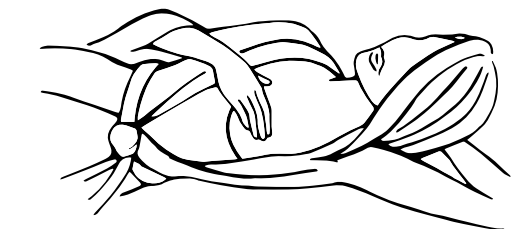
This picture shows you how to check each breast. Begin at point A and in a circular motion, follow the arrows to point B and then back to point A, feeling for a lump or thickening, using your fingertips.

2



3

Stand with one hand behind your head. With the other hand, gently examine your breast in a circular motion (as shown in point 2) feeling for any lumps, thickening or changes (don't forget to check your armpit). Repeat with the other hand. Remember to feel all the parts of each breast with your fingers.



4

Lie down and put one arm behind your head. With your other hand, check the opposite breast. Repeat on the opposite side.