

EIGHT SIGNS THAT CAN SAVE YOUR LIFE

Each year, more than 220,000 women are diagnosed with breast cancer. However, early detection and improved treatment options are creating better healthcare and more and more women are surviving.

Las Vegas resident Tina Dickerson knows breast cancer firsthand. "I was doing some breast self-examinations because I saw it on TV and I said, 'I should do that too'... and I found a lump. I went around for three weeks and my husband said, 'Do you still have that lump?' For peace of mind, why don't you just make an appointment?' So I did and I, unfortunately, was diagnosed with breast cancer."

A breast lump is a common first sign of breast cancer. If you feel a lump, go immediately to your doctor. He or she will order a diagnostic mammogram. In some cases, even if the mammogram does not show anything, further imaging with ultrasound may be required.

8 SIGNS OF BREAST CANCER

LOOK

- A change in size or shape
- Redness or rash on the skin similar to an orange peel
- Puckering or dimpling
- Nipple becoming inverted (pulled in)

FEEL

- A lump or thickening that feels different from the rest of the breast tissue
- A swelling in your armpit or around your collarbone
- Constant pain in your breast or armpit
- Discharge that comes from the nipple without squeezing

When scheduling a mammogram, quality is critical. Search for a facility accredited by the American College of Radiology. The ACR guidelines see to it that the radiologists and technicians are specially-trained and certified in mammography and that the equipment meets standards and is inspected regularly. The Breast Center at Sunrise Hospital & Medical Center is ACR accredited and is also accredited by the National Accreditation Program for Breast Centers (NAPBC). Additionally, The Breast Center at Sunrise Hospital features 3D digital mammography for superior breast cancer detection rates. To take the next step in breast health, please call 855-445-2246 to schedule your 3D mammogram.