

What You Need to Know about Breast Cancer

NYC
HEALTH+
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Breast cancer is the second most common kind of cancer in women. The good news is that many women can survive breast cancer if it is found and treated early.



What is a mammogram?

A mammogram is the best test for finding breast cancer early. It is a series of X-ray pictures of the breast that allow doctors to look for early signs of breast cancer.

Mammograms are very safe. It takes about 20 minutes to get a mammogram, and it can save your life. The test is covered by most health insurance plans. NYC Health + Hospitals also offers mammograms at little or no cost to you.

When should I get a mammogram?

Women aged 40 to 74 years old should have a mammogram every two years.

Women under age 40 or over age 74 should talk to their doctor and decide whether to have a mammogram.

What are some signs of breast cancer?

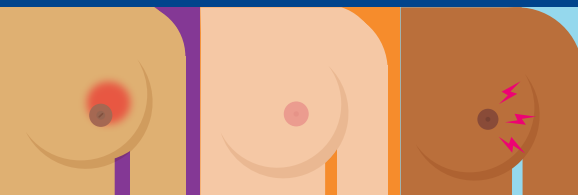
Some women have signs and symptoms of breast cancer. Other women have no signs. Symptoms may include:



+ A new lump in the breast or underarm

+ Thickening or swelling of part of the breast

+ Dimpling of breast skin



+ Redness or flaky skin in the nipple area or the breast

+ a nipple that turns in or that becomes sunken

+ Pain in the breast

Talk to your doctor if you have any of these symptoms.

What can I do to lower my chances of getting breast cancer?

Living a healthy life from an early age can help reduce your chances of getting breast cancer:



WATCH YOUR WEIGHT



ASK YOUR DOCTOR ABOUT THE RISKS OF TAKING HORMONE REPLACEMENT THERAPY OR BIRTH CONTROL PILLS



EXERCISE REGULARLY



LIMIT EXPOSURE TO RADIATION FROM MEDICAL IMAGING TESTS LIKE X-RAYS, CT SCANS, AND PET SCANS



STOP SMOKING



LIMIT ALCOHOL USE, NO MORE THAN ONE DRINK PER DAY



BREASTFEED YOUR CHILDREN

Remember – breast cancer that is found early can be treated. Talk to your care team about your breast health today.

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Call for an appointment
1-844-NYC-4NYC



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