

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Breast Cancer: Steps To Aid In Early Detection

By Donna Rivera-Loudon

I learned some interesting facts about breast cancer that I feel every woman should know. The

sources I used for this article included the American Cancer Society, The National Cancer Institute, and the Avon Foundation's Breast Cancer Crusade.

Early breast cancer isn't usually detected by pain. In fact, when breast cancer first develops, there may be no symptoms at all. That is why regular exams are important. If you have anything that makes you suspect breast cancer, contact your doctor immediately. Don't wait around to see what happens. Let the professional decide. Some symptoms that may indicate breast cancer include, but are not limited to, the following:

Nipple discharge or tenderness

Lumps in breast and/or underarm area

Visual changes which include: size of breast including swelling; inverted nipple; and pitting. Pitting means the skin looks like the skin of an orange. Scaling of the breast skin could also be a symptom.

Early detection of breast cancer is important. There is a 97% five-year survival rate when breast cancer is detected early since this can help prevent it from spreading. Below are some guidelines to early detection. I hope they help save someone's life.

Get a Mammogram

A mammogram is a specialized x-ray of the breast to help detect cancers which cannot be detected by feel. Some women are confused as to how often they should get a mammogram. Here is what the professionals say about mammograms.

At age 40 begin getting annual mammograms by a licensed technician. A mammogram will take about twenty minutes. When getting a mammogram avoid wearing deodorant, powders, or cream under your arms. Sometimes they can interfere with the results. Make sure to contact the center if they do not

Breast Cancer: Steps To Aid In Early Detection

inform you of the results within thirty days. It is very important that results are compared from one year to the next. Hence, be sure you know where your mammogram film is being held.

Clinical Breast Exam

This is an exam by a health care professional. Women in their 20s and 30s should have a clinical breast exam at least every three years and women 40 or older should have an exam each year.

Self-Examination

Starting at age 20 women should begin doing a self-exam. Ask your doctor if you are not exactly sure how to do this or if you are not sure you are doing it correctly. Here are a few guides to follow: Lie down and place one arm behind your head. Using your three middle finger pads press firmly across your breast in overlapping dime-size circular motions. Use three different levels of pressure: light,

medium, and firm. This allows you to feel the tissue close to your skin, to feel a little deeper, and to feel the tissue closest to your chest and ribs.

Move across your breast in an up and down pattern, starting from the underarm and moving across the breast to the middle of the chest bone, repeating the pressure.

Stand in front of a mirror with your hands pressing down on your hips and look at your breasts for any changes in size, shape, contour, or dimpling. Also, do this with your arms slightly raised. Make sure you check under your breasts as well.

I hope that this information proves helpful to you. I am not a health care provider and by no means a professional on breast cancer. I am simply sharing with every woman possible the importance of detecting breast cancer early and some simple guidelines that might save a life.

My sources for the above information are:

American Cancer Society The National Cancer Institute Breast Health Resource Guide by the Avon Foundation's Breast Cancer Crusade

Donna has an MBA in information technology and is currently a Tupperware Director and CEO of her own company. She may be contacted at

webmaster@todaysmodernwoman.com

or at

DonnaLoudon@my.tupperware.com

. Visit A Website for the Modern Woman for more

<http://www.todaysmodernwoman.com>

Gift Giving for Breast Cancer Patients and Their Families

By Adriana Copaceanu

Did you know that each year, 182,000 women are diagnosed with breast cancer and 43,300 die? One woman in eight either has or will develop breast cancer in her lifetime. In addition, 1,600 men will be diagnosed with breast cancer and 400 will die this year.

The above statistics are scary to say the least. If you have loved ones or friends that have been diagnosed with breast cancer, I am sure you've often wondered what, if anything, you can do to help them.

Here are some gifts that are appropriate for cancer patients, and their families to give encouragement, and support.

Probably one of the most important gifts you can offer, is the gift of your time: time to listen, and time to be with them as they accept the fact that they have cancer, and go through their treatment.

A small journal is another idea: they can put on paper their thoughts, their struggles, and their accomplishments as they fight this battle.

A book of inspiring, encouraging words will do wonders for their soul. One suggestion would be *Chicken Soup for the Surviving Soul: 101 Stories of Courage and Inspiration from Those Who Have Survived Cancer*.

Don't forget a nice teddy bear they can hug, and a CD of soft, comforting, music.

Some cancer patients develop sensitivity to fragrance, so please stay away from scented items.

Again, remember that at times, all they need is to have someone to talk to, or hold their hand: be there for them!

For your information:

If detected early, the five-year survival rate for breast cancer exceeds 95%. Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had a mammogram.

Don't miss your mammogram this year. Several national organizations will have a list of the facilities that participate in National Mammography Day. To find a place near you, call:

American Cancer Society
1-800-ACS-2345

Breast Cancer: Steps To Aid In Early Detection

The Susan G. Komen Breast Cancer Foundation

1-800-IM-AWARE

National Alliance of Breast Cancer Organizations (NABCO)

1-888-80-NABCO

National Cancer Institute

1-800-4-CANCER

Y-ME National Breast Cancer Organization

1-800-221-2141

Adriana Copaceanu provides people with creative gift ideas that don't blow the bank. Gift Baskets for Baby to Birthday and Beyond, are just some gift ideas you'll find at her site:

<http://www.abcgiftsandbaskets.com>

. Want regular reminders on gift-giving? Sign up for her free

monthly newsletter at

<http://www.abcgiftsandbaskets.com/gift-news-signup.htm>

Gift Giving for Breast Cancer Patients and Their Families

Breast Cancer: "A Curse To Every Female Species"

Solution To Breast Cancer!

Breast Cancer Awareness Bracelet: Support A Noble Cause!

Breast Cancer Education Gets Visual

Coping With Alzheimer's Disease

Use and Abuse of Steroids

How To FINALLY Stop Smoking...Once and For All!

Baby's First Year -What Parent Needs To Know

Instant Unzip Software



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!