

do you know your risk for BREAST CANCER?

At Menorah Medical Center and Research Medical Center we know the best weapons against breast cancer are knowledge, early detection and treatment. We want to help you understand your symptoms and personal risk factors to report to your doctor. We have created these simple tools for you to evaluate your risk factors and identify possible warning symptoms.

Survey questions are based on information from the American Cancer Society and the National Cancer Institute.

Possible Warning Symptoms

Read each statement carefully. Check Yes if the statement is true and No if it is false.

SYMPTOM	YES	NO
You or an immediate family member (mother, sister, daughter) have a history of breast cancer		
Change in the size or shape of your breast(s) unrelated to your menstrual cycle		
Bleeding or discharge from your nipples		
Thickening or lump(s) in your breast(s) or surrounding area		
Inversion of the nipple(s) – nipple turning inward		
Redness, scaliness, pitting or thickening of the breast or nipple		
Ulceration on any area of the breast		
Unexplained pain in the breast(s) or surrounding area that doesn't go away		
Unexplained weight loss		
Unexplained fatigue or loss of appetite		
You began menarche (your menstrual period) before 12 or experience menopause after 55		

If you answered yes to any of these symptoms, you should notify your physician. Many of these symptoms can be caused by conditions other than cancer, but should be checked out by a physician. Only a physician can determine if you are at risk for developing breast cancer. To find a physician call 913-541-7400 or 816-751-3000.

Know Your Risk Factors

Read each statement carefully. Check Yes if the statement is true and No if it is false.

RISK FACTOR	YES	NO
You are over the age of 50		
You have a history of abnormal cells found on a prior biopsy		
You have dense breast tissue on mammogram pictures, especially after menopause		
You have a personal history of breast cancer		

(continued on back)

RISK FACTOR (continued)	YES	NO
You have a personal history of ovarian or uterine cancer		
A family member (esp. mother, sister, daughter) has a history of breast cancer		
A family member tested positive for the BRCA1 or BRCA2 gene		
Your menstrual periods started before age 12 or you experienced menopause after age 55		
You have never been pregnant or were over 30 when first pregnant		
You take hormone replacement with estrogen and progestin		
You had radiation to the chest before age 30		
You eat a diet high in fat and low in fiber		
You are overweight and past menopause, older than age 50 (Visit www.nhlbisupport.com/bmi/ to calculate your body mass index.)		
You regularly drink alcohol		

Each yes answer can increase your risk for developing breast cancer. You should see a physician yearly and discuss your risk factors and cancer screening plan.

Remember:

- Avoid cigarette and cigar smoke
- Avoid overexposure to the sun
- Eat a balanced diet low in fat and high in fiber
- Exercise regularly
- Avoid alcohol
- Maintain a healthy weight
- Avoid exposure to toxic chemicals

Cancer screenings can result in early detection, diagnosis, and treatment. Early detection and diagnosis of breast cancer can lead to a more favorable prognosis when treatment is received early in the disease course. Ask your physician to develop a breast cancer screening plan individualized to meet your needs based on family history and health status.

No Excuses, Get Screened.

For more information, call Midwest Cancer Care at Menorah Medical Center at 913-541-7400 or Research Medical Center, 816-276-4700.



Menorah Medical Center
Research Medical Center