



What comes to mind
when you hear "breast cancer"?

How does "breast cancer" affect me?

- ◆ Because all women are at risk of breast cancer
- ◆ Breast cancer is the most common cancer for most Hmong women



What do you want to learn today?

Common Barriers to Breast Cancer Screening

- ◆ Fear of finding cancer
- ◆ Misconceptions
- ◆ Modesty
- ◆ Bad luck – Karma – Fate
NOTE: *"If I talk about it, it will happen"*
- ◆ Lack of information (where to go)
- ◆ Cost
- ◆ Family responsibilities

Common Barriers to Breast Cancer Screening

- ◆ Men in family do not show support
- ◆ Language barriers
- ◆ A doctor does not mention it
- ◆ Having a male do the exam
- ◆ Traditional practices are more effective
- ◆ Not a priority
- ◆ Don't believe in fighting illness

Risk Factors

- ◆ Older age
- ◆ Your breast disease history
- ◆ Your family breast cancer history
- ◆ Late menopause
- ◆ Never given birth or had a child after the age of 30

All women are at risk because most women who get cancer do not have risk factors

Benefits of Early Detection

- ◆ Very high survival rate if found early
- ◆ More treatment options
- ◆ Better quality of life
- ◆ Your health increases family health
- ◆ Each and everyone of us can do this

3 Ways to Detect Breast Cancer

1. Mammograms
2. Clinical Breast Exam (CBE)
3. Breast Self Exam (BSE)

Avoid screening/exams near your menstrual cycle

Mammograms

What is it?

- ◆ An x-ray picture of just each breast done with a special machine
- ◆ Detects lumps the size of a pinhead

Detects 2 years before you can feel it

NOTE: *Feel the size of a pea*

How often?

- ◆ Ages 40 and older: every year



Clinical Breast Exam (CBE)

The doctor or nurse will:

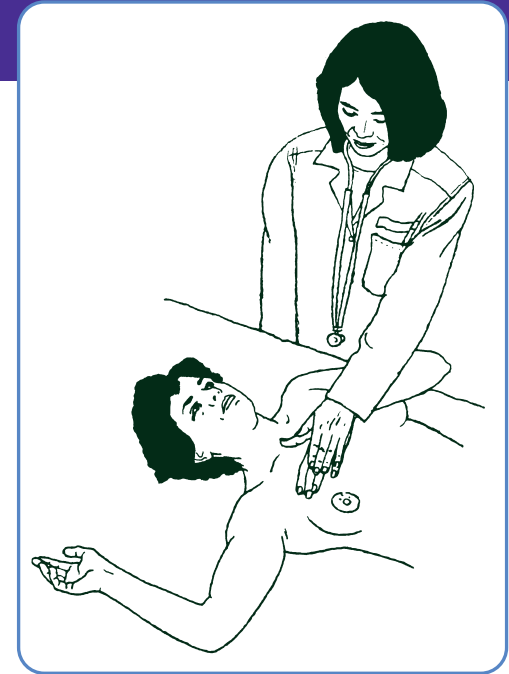
- ◆ Examine your breasts with their hands to check for subtle changes

If I detect discharge from nipple while examining my breasts, I should go to the doctor to get a clinical breast exam

- ◆ Visually examine your breast

How often?

- ◆ Ages 20 and older: every year



Breast Self Exam (BSE)

What is it?

- ◆ Monthly examination of your own breast after training from a doctor or nurse practitioner
- ◆ To detect changes in your normal breast such as:
 - Dimpling of breast
 - Reddening of skin
 - Discharge from nipple
 - Change in size (uneven breasts)
 - Lumps

How often?

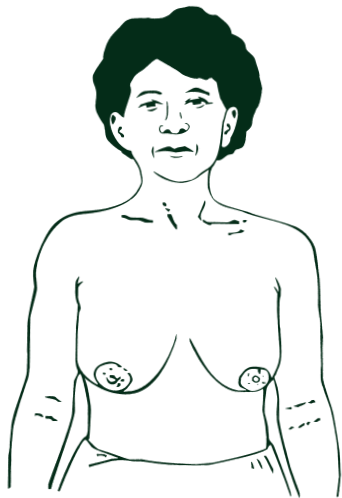
- ◆ Every month age 20 and older

Breast Self Exam (BSE)

Seven P's Guidelines

- ◆ Positions
- ◆ Perimeter
- ◆ Palpation with Pads
- ◆ Pressure
- ◆ Pattern of Search
- ◆ Practice with Feedback
- ◆ Plan of Action

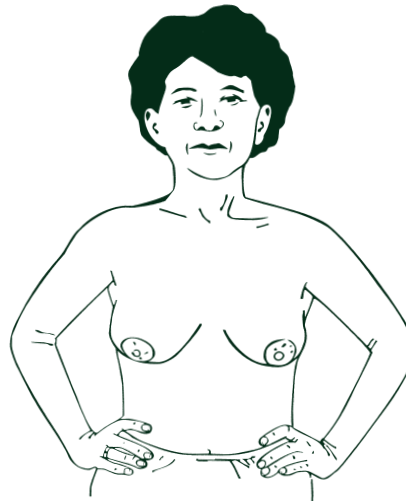
Positions



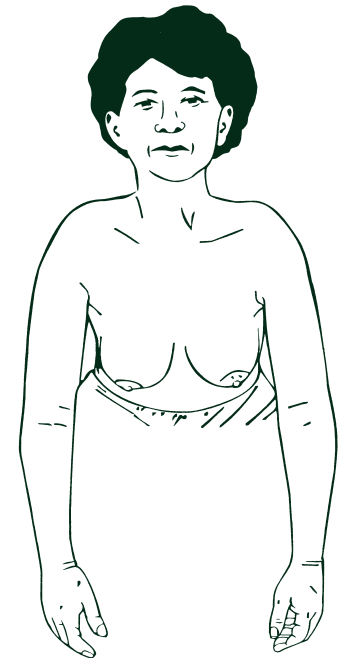
Arms at side



Arms above head

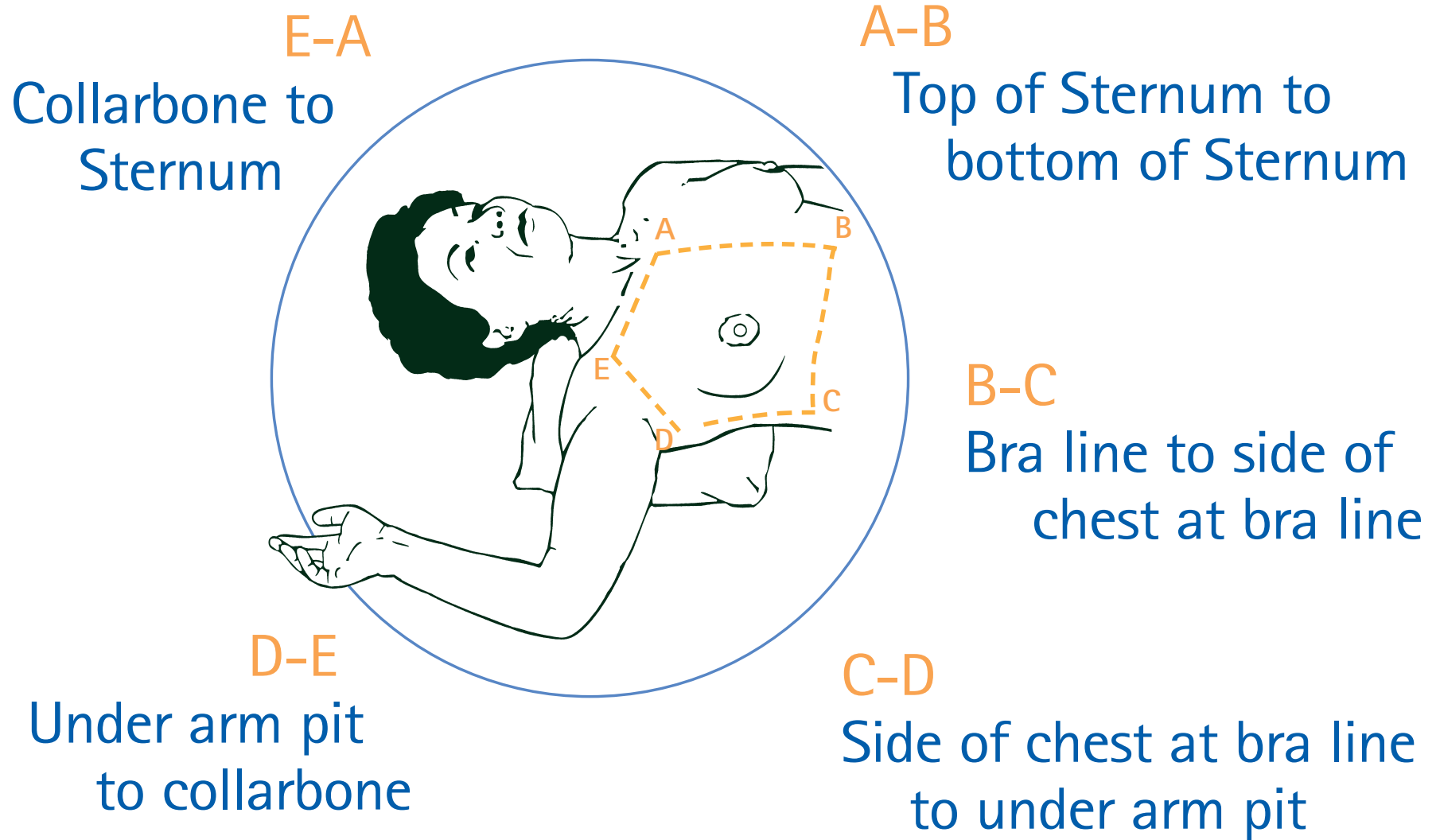


Pectoral contraction

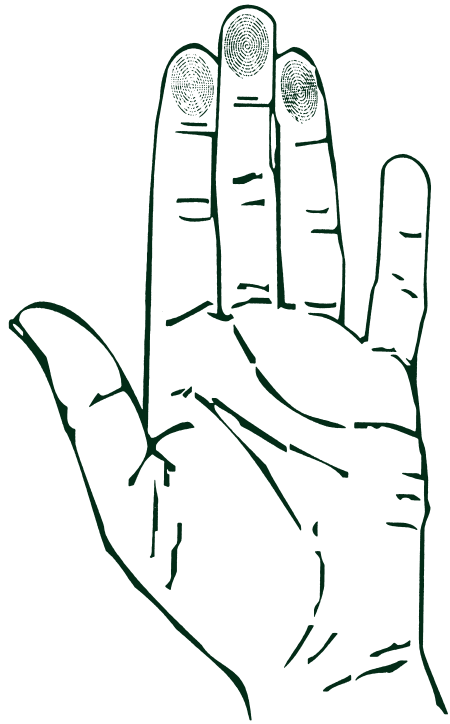


Bending forward

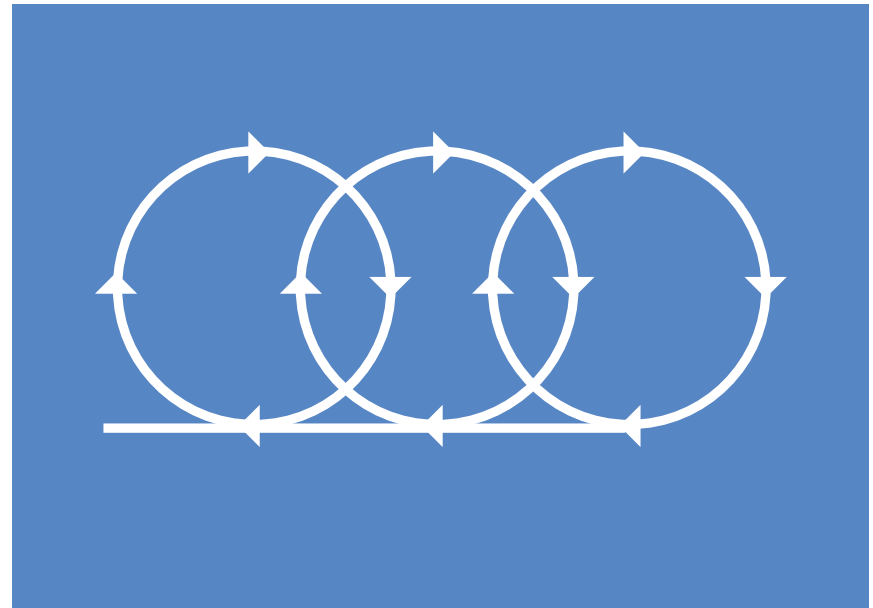
Perimeter



Palpation with Pads



Fingers to use



Palpate one dime-size circle

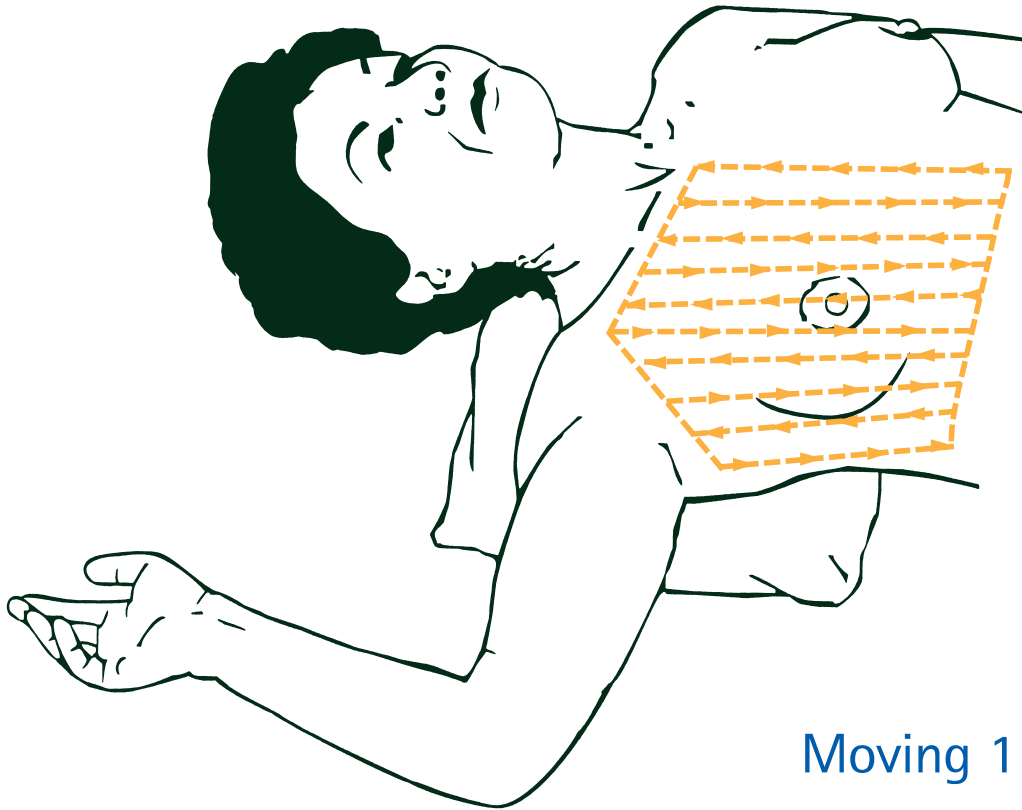
Pressure



3 Levels of Pressure

- ◆ Surface
- ◆ Middle
- ◆ Deep

Pattern of Search



Moving 1 finger over to
next palpation

Practice with Feedback *with models*

- ◆ Positions
- ◆ Perimeter
- ◆ Palpation with pads
- ◆ Pressure
- ◆ Pattern of search

Plan of Action

If 20-39:

- ◆ Pap smear every year (18 – over)
- ◆ BSE every month
- ◆ CBE every year

If 40-over:

- ◆ Pap smear every year
- ◆ BSE every month
- ◆ CBE every year
- ◆ Mammogram every year

Pap Smear Test

What?

- ◆ Examination of the cervix by a doctor or nurse



Why?

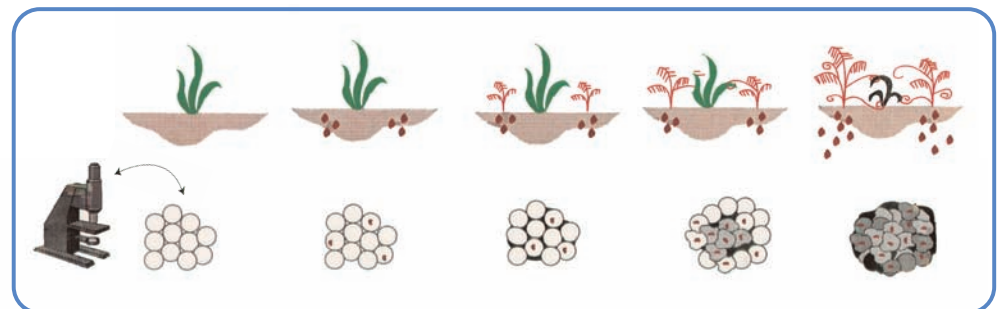
- ◆ To detect early signs of cervical cancer

When?

- ◆ Age 18 or when a woman begins sexual intercourse

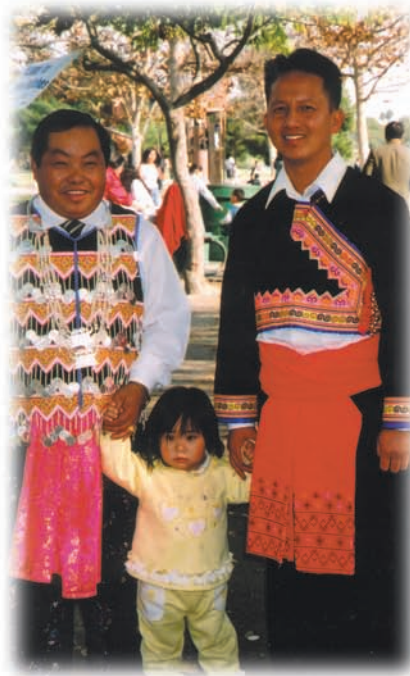
How often?

- ◆ Once a year



Final P's

Peace of mind



Practice makes perfect

