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

- **E-A**: Collarbone to Sternum
- **A-B**: Top of Sternum to bottom of Sternum
- **B-C**: Bra line to side of chest at bra line
- **D-E**: Under arm pit to collarbone
- **C-D**: Side of chest at bra line to under arm pit
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