

A FORTUNATE ENCOUNTER:

Talking About
Breast Cancer




The
Chanpyons
Project

db DELAWARE
BREAST CANCER
COALITION

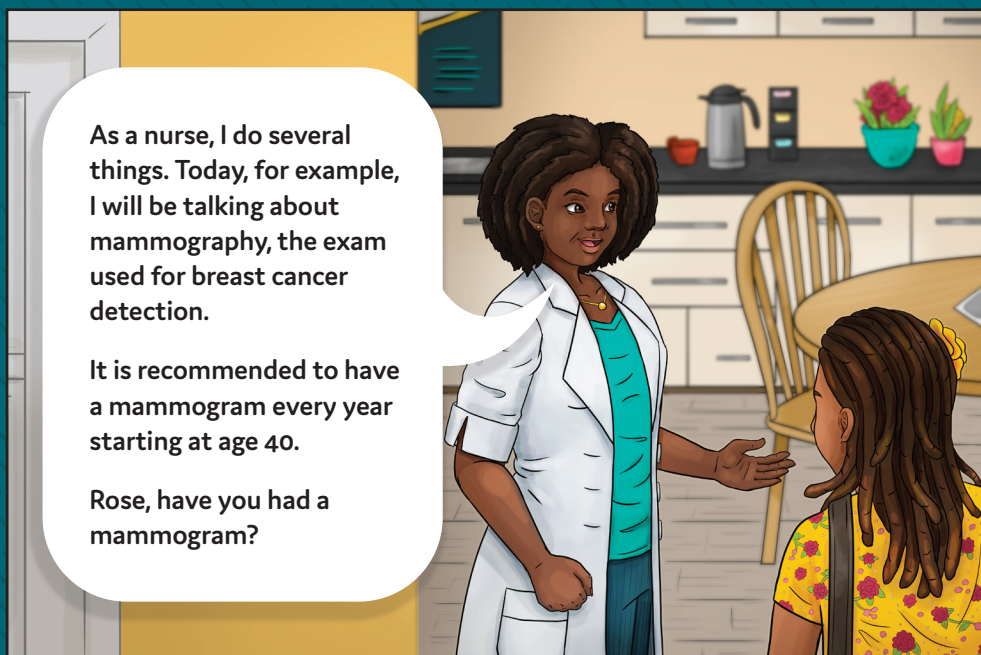
www.debreastcancer.org

This is the story of two friends, Anne and Rose, who have not seen each other in many years. Anne is a nurse at a community clinic and Rose is there to make a doctor's appointment. They met by chance, and this is what happened....

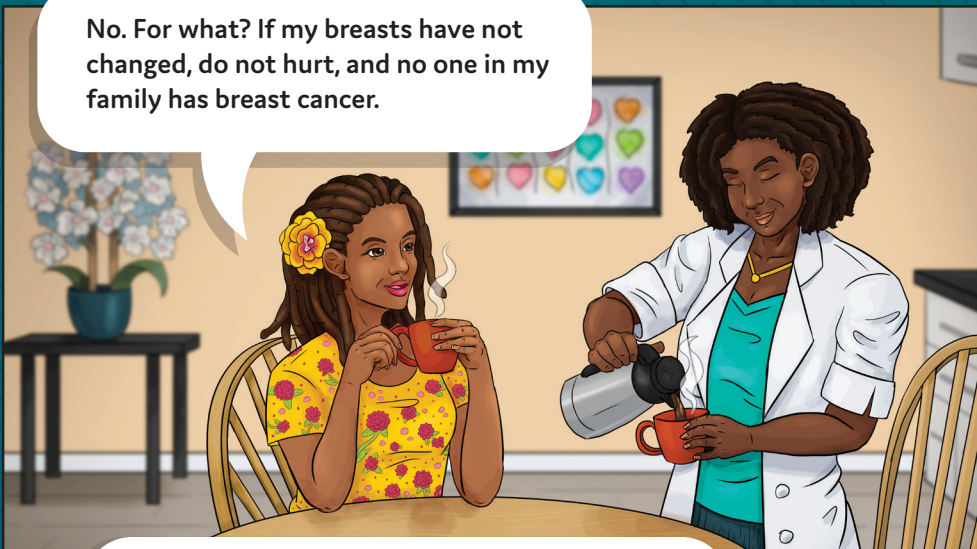


Rose!! What a tremendous surprise! I did not know you also lived around here!

Anne!!! I can't believe it! What a big surprise to see you here!



No. For what? If my breasts have not changed, do not hurt, and no one in my family has breast cancer.



A mammogram can detect small changes that you or your doctor cannot see with the naked eye and cannot be felt when touched.

Many women diagnosed with breast cancer don't have close relatives with breast cancer. Equally important are the risks of women for this type of disease.

**Early detection
can save lives.**



Anne, you know that for many reasons in our country, women barely speak about cancer. One reason is the fear that she has this disease. I don't know much about breast cancer.

Breast cancer is the uncontrolled growth of cancer cells which kill normal healthy cells. It can invade other parts of the body if not detected.

I am told that mammograms hurt. Is that true?

It's different for every woman. Most feel some discomfort when the breast is pressed, but this lasts only a few seconds and it's done! A mammogram is a breast x-ray which takes pictures of the inside of the breasts. This takes only a few minutes. The doctor then studies the pictures.

Next, the results are given to the woman. You always hope the results are good. Similarly, it is better to find cancer early so that it can be treated immediately.

You convinced me, Anne! We can say that then early detection is protection for tomorrow. But, is it expensive? I do not have health insurance.



Don't worry, Rose. There are places where you can get a mammogram at no cost and you don't need insurance. I'll give you the information.


Thank you very much for taking your lunch time to talk with me.



Well, this is what I call a fortunate encounter with three great results. First, I came here to make an appointment and met you after so many years.

Then, you gave me important information about breast cancer screening.

And finally, I decided that I will get a mammogram very soon.



Excellent! In caring for the health of your breasts, you also care for your loved ones. Well, friend, we have to see one another soon and catch up. You'll stay for the talk?

Of course!

THE END



Suggestions that you can share with your family and friends:

- Ask your doctor about your risks for developing breast cancer.
- Know your breasts, how they feel and how they look. If you notice changes such as redness, drainage, hardness, or swelling, talk with your doctor as soon as possible.
- Maintain a healthy weight, exercise, limit alcohol consumption and, if you have babies, breastfeed them.
- You are important! If you are older than 40, do not let anything stop you from getting an annual mammogram and clinical breast exam.

CONTACTS AND INFORMATION

Contact name _____

Her phone number _____



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The Prevent Cancer Foundation is the only U.S. 501(c)3 nonprofit organization solely devoted to cancer prevention and early detection. The Foundation focuses its resources on cancers that can be prevented through lifestyle changes or early detection, when treatment is more likely to be successful. Since its founding in 1985, the Prevent Cancer Foundation has invested more than \$142 million in research, education, advocacy, and community outreach programs across the nation in support of our mission.



Stop Cancer Before It Starts!®