



NEW YORK STATE SENATOR

Joseph E. Robach

## To Honor Mother's Day, Senator Robach Urges Women Over 35 to Get Screened for Breast Cancer

JOSEPH E. ROBACH April 28, 2011

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### **Risk Factors For Breast Cancer**

There are certain characteristics that are associated with getting breast cancer. They include:

**Age** – 2 out of 3 invasive breast cancers are found in women 55 or older

Beginning **menstrual periods** before age 12;

Late age when **menopause** begins;

**History** of breast cancer in close relative, such as a mother or sister;

Never giving birth;

First giving **birth after age 30**; or

**High radiation exposure** to the breast, which would occur if a woman had tuberculosis (TB) or scoliosis (curvature of the spine) and had many X-rays taken.

### **Symptoms of Breast Cancer**

Early breast cancer usually does not cause pain. In fact, when breast cancer first develops, there may be no symptoms at all. But as the cancer grows, it can cause changes that women should watch for:

- A lump or thickening in or near the breast or in the underarm area.
- A change in the size or shape of the breast.
- A discharge from the nipple.
- A change in the color or feel of the skin of the breast, areola, or nipple.

### **Physical Breast Examination**

If you are over age 40, you should have a physical breast exam performed every year by your physician or other trained health professional. If you are between the ages of 20 and 40, this should be done once every three years. All women should do monthly breast self-examinations. Ask your health professional to provide you with information on BSE.

### **Mammography**

A mammography or mammogram is an X-Ray of the breast tissue. A “screening” mammogram is one that is done when you do not have symptoms. This test can detect very small changes you cannot feel when examining your breasts.

For more information and to locate an accredited mammography facility nearby, call the Adelphi New York Statewide Breast Cancer Hotline & Support Program at 1(800)877-8077.

Callers with limited income can also find out about low cost and free mammograms.

**HOLD THE DATE FOR SENATOR ROBACH'S 4TH ANNUAL WOMEN'S WELLNESS FAIR**

"On Saturday, August 20th, from 10AM to 4PM, I will be hosting my 4th Annual Women's Wellness Fair in the Mall at Greece Ridge. The wellness fair will feature a host of vendors from the Rochester community offering information and resources pertinent to your overall wellbeing. Hope to see you there!"