



Breast Cancer and Mammography Facts

- According to the National Breast Cancer Foundation, **1 in 8** women will be diagnosed with breast cancer. This is 12.4% of all women.
- Kaiser Permanente Northwest offers **12** locations for screening mammography, including:

Rockwood	North Lancaster	Mt. Talbert
Interstate South	Beaverton	Sunnyside
Tualatin	Longview-Kelso	Westside Medical Center-only 5
Salmon Creek	Cascade Park	miles from Intel Campus

Link for directions from Intel Campus to Westside Medical Center:
<http://mapq.st/1iS7Rxc>

- Kaiser Permanente Mammography Departments are accredited by the American College of Radiology and certified by the F.D.A.
- Five of the screening sites also perform diagnostic mammography exams. They include:

Sunnyside	Westside Medical Center
Skyline	Interstate South
Longview-Kelso	

- Breast cancer is the second most commonly diagnosed cancer among American women.
- Although rare, male breast cancer does occur. Male breast cancer is more common in older men, though, it can occur at any age.
- If breast cancer is found early, there are more treatment options and a better chance for survival.

What causes breast cancer?

Doctors don't know exactly what causes breast cancer. But some things are known to increase the chance that you will get it. Risk factors that you cannot change include getting older and having changes to certain genes. Risk factors you may be able to change include using certain types of hormone therapy after menopause, being overweight, and not getting enough physical activity.



But many women who have risk factors don't get breast cancer. And many women who get breast cancer don't have any known risk factors other than being female and getting older.

What are the symptoms?

Breast cancer can cause:

- A change in the way the breast feels. The most common symptom is a painless lump or thickening in the breast or underarm.
- A change in the way the breast looks. The skin on the breast may dimple or look like an orange peel. There may be a change in the size or shape of the breast.
- A change in the nipple. It may turn in. The skin around it may look scaly.
- A fluid that comes out of the nipple.

See your doctor right away if you notice any of these changes.

Your best defense against breast cancer is early detection. Breast cancer is most treatable when it's found early.

Kaiser Permanente NW offers mammography services at 12 sites. Easy and convenient scheduling can be done on **KP.ORG** or call **1-888-810-7499**.

IMPORTANT THINGS TO KNOW:

- Women can self-refer for an appointment for a mammogram beginning at age 35. An order from a clinician is not necessary.
- HEDIS and NCQA recommend a mammography screening every two years —or more often if indicated by their clinician—beginning at age 50.
- Discussion of mammography screening is recommended for women 40-49 and 75-79.