The Earlier the Diagnosis, the Greater the Chance of Successful Treatment.

Warning Signs of Breast Cancer
These changes, when they do not go away, may indicate breast cancer:
• lumps
• swelling
• thickening
• dimpling
• skin retraction
• skin irritation
• pain or tenderness of the nipple
• spontaneous nipple discharge

Risk Factors
A woman’s risk factors may include:
• age—women over age 50 are at greater risk.
• a family history of breast cancer.
• never having children.
• having a first child after the age of 30.

Schedule your mammogram today.
To schedule an appointment at these locations, call (330) 375-7575 or (866) 488-4417.

- Summa Breast and Imaging Center
  Summa Akron City Hospital campus
  95 Arch Street, Suite G50, Akron
- Summa Health Center at Cuyahoga Falls
  1860 State Road, Suite B, Cuyahoga Falls
- Summa Health Center at Green
  3838 Massillon Road, Suite 300, Uniontown
- Summa Health Center at Lake Medina
  3780 Medina Road, Medina
- Summa Health Center at Western Reserve
  5655 Hudson Drive, Suite 200, Hudson
- Summa Health Center at White Pond
  One Park West Blvd., Suite 130, Akron

Use the numbers below to schedule an appointment at these locations.

- Summa Barberton Hospital Parkview Center
  155 5th Street NE, Barberton
  (330) 615-3200
- Summa Wadsworth-Rittman Hospital
  195 Wadsworth Road, Wadsworth
  (330) 615-3200
- Robinson Imaging Center at Kent
  Robinson Health Center at Kent
  401 Devon Place, Kent
  (330) 677-3434
- Robinson Imaging Center at Streetsboro
  Robinson Health Center at Streetsboro
  9318 State Route 14, Streetsboro
  (330) 626-4108
- Robinson Memorial Hospital,
  an affiliate of Summa Health System
  6847 N. Chestnut Street, Ravenna
  (330) 626-4108

This brochure is intended to provide general educational material to assist you in making informed decisions regarding your medical care. Specific questions about your unique medical conditions should be referred to your primary care physician.
Make the Three-Step Approach Your Plan for Breast Health.

Breast cancer accounts for more than 30 percent of all female cancers and is the most common form of the disease in American women. It is second only to lung cancer as the leading cause of cancer deaths in women. The number of deaths due to breast cancer could be much lower if more women follow three basic breast-health principles:

- perform monthly breast self-exams
- have a yearly breast exam by a physician
- have routine mammograms

1. Breast Self-Exam (BSE)

Look for changes by:

- examining your breasts monthly in front of a mirror.
- looking for swelling, moles, dimpling and differences in shape and texture.
- leaning forward, hands on hips and flexing your chest muscle.
- clasping your hands behind your head.

Feel for changes by:

- lying down and elevating your breast by placing a folded towel under your shoulder.
- always using your left hand to examine your right breast and your right hand to examine your left breast.
- using the flat part of your fingers to apply three levels of pressure, light, medium and deep.
- working in small circular motions, moving slowly up and down across the breast from armpit to the breastbone and from the collarbone to the bra line.
- repeating the process on the other breast.

2. Clinical Breast Exam

- Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular health exam (every 3 years) by a healthcare professional, per the American Cancer Society.
- After age 40, women should have a clinical breast exam by a healthcare professional every year.

3. Mammogram – What is it?

A mammogram is:

- a simple, safe, low-level X-ray procedure with little or no side effects.
- the most accurate way to detect early breast cancer.
- a procedure which can detect a lump years before it can be felt by hand.

You should have a mammogram:

- between the ages of 35 and 40 to set a baseline mammogram establishing what is normal for you.
- once every year after the age of 40, per the American Cancer Society.
- when your doctor recommends one.

A Mammogram can Save Your Life.

Normal Breast Changes

- Monthly:
  Normal hormonal changes may cause your breast to swell, feel lumpy or become tender.

- During pregnancy:
  Normal changes may cause your breasts to become larger and firmer.

- As a result of aging:
  As you age mammary glands and ducts shrink and are replaced by fatty tissue.

- As a result of changes in weight:
  A large weight gain or loss can increase or decrease breast size.

The American Cancer Society recommends women should conduct breast self-exams in their 20s. Do this exam monthly two or three days after your period ends. If you detect a lump or something abnormal for you, contact your doctor.