

I care about your health and about the early detection of Breast Cancer. I hope you will do your part in assuring that a lesion is found as soon as possible. A Mammogram EVERY year after 40, a MONTHLY Self Breast Exam, along with a YEARLY Professional Breast Exam are the 3 parts that make up the American Cancer Society's early detection program. Remember, it is better to FIND something EARLY rather than too late — because it CAN be cured! The best time to do your exam is right after your period, or if you do not have periods, then choose one day per month. Lay on a firm surface, raise one arm up and feel your breast with your opposite hand. Try to compress the skin into your rib cage - by moving the pads of your fingers in small circles - in every region of your breast, including under the nipple . It is okay to feel soft, little fibers, as long as they move around and easily flatten out. Please call me if you notice something new, hard or immovable. Also check under your arm for rubbery pea sized lumps and squeeze your nipple to assure that there is no discharge. Place stickers on your calendar as a reminder to do your Self Breast Exam. Thank you! ~Dr. Vanderlinde