



TEACHING
EDUCATORS
ABOUT
CANCER AND
HEALTH



Michael Mulgrew
President
United Federation of Teachers

Dear Colleague,

Cancer is a word that sends shivers through most of us — particularly if we or our loved ones have battled this dreaded disease. Today, one in eight women develops breast cancer over her lifetime. That is an astounding statistic.

Luckily, with early detection and prompt medical care, the breast cancer survival rate is up to 96 percent.

However, it shouldn't take a breast cancer scare to prompt action. Every woman should be aware of the risk — a risk that increases dramatically with age. A small percentage of men (primarily those with a family history of breast cancer) is also in danger.

That's why the United Federation of Teachers teamed

up with the American Cancer Society, New York City, to create a multifaceted breast cancer program that includes this brochure, a telephone HelpLine and personal visits.

We chose the hourglass as the symbol of our breast cancer campaign to show that time is on our side. We want all of our members — and their spouses, parents, children and friends — to know the importance of early detection.

Our lives and the lives of those we love may depend upon it.

Sincerely,
Michael Mulgrew

Call the **TEACH HelpLine**
to speak to a trained UFT counselor for breast cancer
information and referral services. All calls are confidential.
(212) 420-9640



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A BREAST CANCER EARLY-DETECTION PROGRAM OF THE UNITED FEDERATION OF TEACHERS AND THE AMERICAN CANCER SOCIETY, EASTERN DIVISION, INC.

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M A M M O G R A P H Y

what: A brief, safe, **low-dose** breast X-ray examination

why: To detect breast cancer — **often before a lump can be felt** — in its earliest stage

who: All women, age **40+**

when: Once a year, **every year**

CLINICAL BREAST EXAM (CBE)

what: A physical breast examination by a **certified health-care provider**

why: To identify **abnormal changes** in the breast

who: All women, age **20+**

when: Ages 20-39: once **every 3 years**
Age 40+: once **every year**

BREAST SELF-EXAM (BSE)

what: An examination of your own breasts by **observation** and **touch** in three positions (standing, lying down, in the shower)

why: To detect any **changes** or **abnormalities** in your breasts

who: All women, age **20+**

when: Once **every month**, a week after a menstrual period. After menopause, check the same day every month

BREAST SELF - EXAM

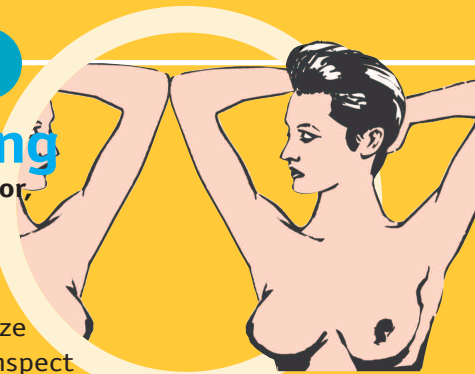
BSE: EASY AS 1 • 2 • 3

1

Standing

before a mirror

look for such noticeable changes as dimpling or size differences. Inspect four ways: arms at sides, arms overhead, firmly pressing hands on hips and bending forward.



2

While lying

on your back,

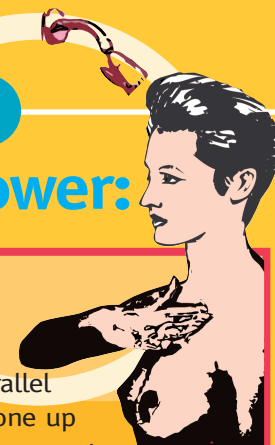


place a pillow under your right shoulder. Move the three middle fingers of left hand in a circular motion over entire right breast; press firmly. Change pillow to left shoulder and examine left breast with right hand.

3

In the shower:

SWEEP. With soapy right hand, make continuing parallel sweeps from collarbone up and down left breast; repeat on other side.



AXILLARY.

With right arm at side, place fingers of left hand into your right armpit and feel for hard lumps; repeat on other side.



BIMANUAL.

Support left breast with left hand and, with soapy right hand, walk fingers back and forth over entire breast; repeat on other side.



WHAT AM I LOOKING FOR?

⌚ CHANGES IN BREAST SIZE

⌚ DIMPLES IN OR PUCKERING OF SKIN

⌚ A CHANGE OR LUMP IN ONE BREAST, BUT NOT THE OTHER

⌚ REDNESS OR SWELLING

⌚ CHANGES IN NIPPLE DIRECTION, SUCH AS INVERSION

⌚ ANY NIPPLE DISCHARGE