

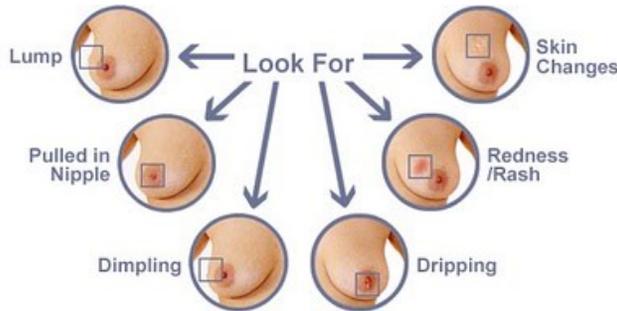
Breast Lumps

It is important to recognize changes in your breasts, that is lumps, bumps, bruises and swelling.

Most breast changes women experience during their lives are not signs of cancer, but it's best to be aware of every change and consult with your doctor.

If you do find a change in your breast e.g. a lump, thickening, dimpling, nipple inversion, roughness of the skin and/or a discharge from the nipple, it is very important to see a doctor

About 75% of lumps in women under 40 are benign (not cancerous) but regardless of this fact every lump needs to be investigated.



Bermuda Cancer and Health Centre's has been designated a Breast Imaging Centre of Excellence by the American College of Radiology.



Appt. date:	Appt. time:
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Providing a specialist approach to patient care with specialized doctors, lower cost, after work and Saturday appointments, convenient location and lots of parking.

Our Services Include:

Clinical services

- Digital Mammography
- Ultrasound
- Breast Biopsy
- Prostate Biopsy
- Bone Densitometry

Educational Services

- SunSmart Programme
- LungSmart Programme
- FREE Wellness Talks
- In-house talk series

Supportive Services

- Cancer Information Service (CIS)
- Call 232-2247 for cancer information & support

FREE Resource Center and Lending Library
Over 700 health related books and DVDs

 **Bermuda Cancer and Health Centre**
Your Breast Care Specialist

46 Point Finger Road, Paget, Bermuda

Centre's Hours:

Monday—Thursday 7:30am—6:00pm
Friday 7:30am—5:00pm
Saturday 2nd & 4th per month 9:am—1:00pm

T: (441) 236-1001 F: (441) 236-0880

www.chc.bm



Breast Lumps

Early detection is your best protection.



Bermuda Cancer and Health Centre

DETECTION PREVENTION SUPPORT

Offering Digital Mammography since 2008



Types of Lumps

“Lumpiness” is a term frequently used to describe the palpable texture of the breast in many women. This is usually due to prominent normal milk glands, ducts and the fibrous supporting tissue which surrounds these structures.

There are two main types of lumps which occur in the breasts:

- Malignant (cancerous) - Tumors are groups of abnormal cells
- Benign (not cancerous) - A common example of a benign tumor is a Fibroadenoma.

Cysts are the most common cause of breast lumps in women aged between 35 and 55.

Cysts are due to fluid being trapped during hormonal changes within the breast. Fibrocystic disease is not cancer, and your doctor will advise you about it. Sometimes a cyst may grow to a large size and feel like a round lump.

A cyst may suddenly appear or it may develop gradually with or without pain. A cyst may be reabsorbed by the breast. A cyst may need to have the fluid from inside removed with a needle by a doctor.

Cysts are common and not a health problem ... But you should always contact your doctor every time you feel a breast lump.

What Can I do?

Call your doctor if:

- You find a new breast lump during your monthly self-exam.
- You have bruising on your breast but did not experience any injury.
- You have nipple discharge, especially if bloody or pinkish (blood tinged).
- The skin on your breast appears dimpled or wrinkled (like the peel of an orange).
- Your nipple is inverted (turned inward) but normally is not inverted.

What Can I Expect ?

Your doctor will obtain a complete history from you and may ask the following questions -

- When and how did you first notice the lump?
- Do you have other symptoms such as pain, nipple discharge, or fever?
- Where is the lump located?
- Do you do self-breast exams and is this lump a recent change?
- Have you had any type of injury to your breast?
- Are you taking any hormones, medications, or supplements?

And do a thorough breast examination. If you don't know how to perform breast self-examination, ask your health care provider to teach you the correct method.

Diagnostic Evaluation

The following tests that can evaluate a lump or any other breast changes:

- Digital Mammogram
- Ultrasound
- Breast Biopsy

Your doctor will determine which test is appropriate, and write the necessary referral if required. Remember to ask if there is anything you need to do in preparation for the test or watch for after the test.

Bermuda Cancer Genetics Risk Assessment Programme

Using the latest genetic testing, it is possible to identify the hereditary genes that place women and men in the 'most at risk' category for developing breast or ovarian cancer at an early age.

Dr. Kevin Hughes, breast cancer specialist at the Massachusetts General Hospital in Boston, runs Bermuda's only Cancer Genetic Risk Assessment Programme. "The intention is to identify the patients before the cancer occurs" states Dr. Hughes.

Bermuda Cancer and Health Centre is pleased to be working with Partners Healthcare providing a confidential environment for Dr. Hughes to host quarterly clinics, which primarily focus on patient education and evaluation services.

This programme is open to all women and men in Bermuda with a goal of identifying people who may have the hereditary gene.

For more information on the programme visit www.chc.bm



How you can participate

If you are interested in learning your family's risk, please pick up a questionnaire from our front desk or download a copy from www.chc.bm.

Completed forms can be returned to Bermuda Cancer and Health Centre, faxed to 236-0880 or emailed to info@chc.bm.