

||| ★ *Captain's Call* ●

Breast Cancer Awareness Highlighted In May

During Breast Cancer Awareness Month in May, health care providers at the National Naval Medical Center (NNMC) are reminding women that early detection is a key to survival.

Now the leading female cancer diagnosis, early detection is your best protection.

Women should begin conducting monthly breast self-exams their early 20s, according to the American Cancer Society.

Breast cancer does not always appear as a lump. Women should also look for abnormal skin changes in the breast or armpit during the monthly self-examination. They should also be aware of nipple-fluid discharge, rashes, inflamed skin or any other abnormality.

Women over 40 should have an annual mammogram. A woman with a family history of breast cancer should begin mammograms 10 years prior to the family member's age at the time of diagnosis.

If any abnormality is detected, the woman should see a health care provider immediately.

At NNMC, the Breast Care Center can schedule an appointment within 72 hours. No referral is needed.

For more information on breast cancer, exams and treatment, call the National Naval Medical Center at (301) 295-4611.

