



become aware

with early detection, most breast cancer is treatable, curable.

October is Breast Cancer Awareness month. It is a great reminder for women to not forget about breast screening throughout the year. Make breast screening a part of your wellness routine of eating well and exercising regularly. It is easy to do and well worth the effort.

Breast Screening is Important

Every woman 18 years old and older should include breast screening in their personal wellness program. We cure the vast majority of women with breast cancer when the cancer is small and at an early stage. Screening allows you to detect breast lumps earlier than without breast screening. Below is a summary of the American Cancer Society recommended breast screening guidelines.

Components of Breast Screening

Monthly Self Exams

Women of all ages should simply examine themselves monthly for breast lumps. It is important to know the normal texture of your breasts. If you understand what is normal for you, then you can earlier detect a new breast lump that may develop. Most breast lumps we see are not cancer. "Earlier" is better than "later" in finding a breast cancer.

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Breast Cancer Specialists

If you find something, see your physician. They will refer you to a breast specialist for an expert evaluation. Breast surgeons compassionately guide a woman through the complex process of diagnosing and treating of a breast cancer. Remember, most breast lumps and abnormalities found on mammograms are not cancer!

Breast Center at the Cancer Center at Lake Manassas

We created the Breast Center at the Cancer Center at Lake Manassas to provide world class breast cancer care for our community. The Breast Center is nationally accredited and is the community's focal point in providing access to breast care services.

Annual Screening Mammograms

If you are 40 years old or older, it is important to get annual screening mammograms. Your physician will be happy to coordinate this for you as a part of your "Health Wellness" screening program. Mammograms save lives by detecting small breast cancers that cannot yet be felt. There have been some confusing recent recommendations that women should start at the age of 50. I still recommend starting annual mammograms at 40 years of age. Screening mammograms have been shown to be the most important component of Breast Screening.

Annual Physician Exam

Make sure your physician performs an annual breast exam when you visit their office for a check-up. They are trained to detect things that you might not notice yourself. That is a good time to get a prescription for your annual mammogram. Share with them any concerns or breast health questions you may have.



John P. Williams, MD, FACS

Breast Cancer Surgeon
Northern Virginia Surgical Specialists
Director, Breast Center at Lake Manassas
www.novabreastsurgery.com
www.breastcenterlm.org