



LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

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WOMEN'S HEALTH

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PEDIATRICS

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Caring Hearts, Healing Hands

Breast Problems in Women

Breast problems are common in women as their breasts are always changing. While most of the problems are minor, a few can be serious.

What are some symptoms of breast problems?

- Lumps—can be in one place, or throughout the breast
- Discharge from the nipple
- Tender areas

How can you screen for breast problems?

- Mammography—an x-ray used to examine the breast
 - ◆ Women older than 40 should have mammography done every 1 to 2 years
- Doctor's exam of the breasts—annually
- Breast self-exam—monthly

What should I know about breast cancer?

- Second leading cause of death from cancer in women
- If breast cancer is found and treated early, most women can be cured
- According to the American Cancer Society, if breast cancer is detected early and hasn't spread, the survival rate after 5 years is nearly 99%

What can I do to monitor breast problems?

- Check your breasts every months for problems
- Have routine checkup at least once per year
- Follow your doctor's recommendation about mammography

If you have other questions regarding breast problems or would like to schedule an appointment, please call our office at **(307) 745-8991**.