Early Detection makes all the difference

trol. These cells usually of finding breast cancer occurs almost entirely better treatments. in women, but men can

en. (Only lung cancer cancer as early as pos-tant to have any new your breasts. kills more women each sible gives you a better breast lump or breast Since 2007, breast candoes not take the place breast diseases. Somethtml. cer death rates have of having regular mam-times a breast cancer

Breast cancer starts crease in older women. breast cancer in its ear- and cause a lump or in our nation; but, a few chances for a positive when cells in the breast These decreases are be-ly stages, even before swelling there, even be-healthy lifestyle choic-health outcomes, while begin to grow out of con-lieved to be the result any symptoms appear. fore the original tumor es could change this. receiving your recom-The most common in the breast tissue is First, eating normally mended vaccinations form a tumor that can earlier through screen- symptom of breast can- large enough to be felt. proportioned helpings can prevent acquiroften be seen on an x- ing and increased cer is a new lump or Swollen lymph nodes of nutritious foods in- ing disease in the first ray or felt as a lump. . It awareness, as well as mass. A painless, hard should also be checked cluding at least five place. Visit our webmass that has irregular by a health care pro- fruits and vegetables site at www.LCDHD. Knowing how your edges is more likely to vider. Because mam- a day can lower weight org and click the "52 also have breast cancer. breasts normally look be cancer, but breast mograms do not find and reduce heart dis- Weeks to Health" bansecond leading cause of tant part of breast soft, or rounded. For is important for you to ond, exercising about each of these areas. cancer death in wom- health. Finding breast this reason, it is impor- be aware of changes in 30 minutes per day can

been steady in women mograms and other can spread to lymph isimportanttopointout tive screenings can deyounger than 50, but $\,$ screening tests. Screen- $\,$ nodes under the arm or $\,$ that Kentucky is one of $\,$ tect diseases early and $\,$ cancer.org/cancer/ $\,$ have continued to de- ing tests can help find around the collar bone the unhealthiest states greatly increase your breast-cancer/about.

making sure you get entered for a chance to On a separate note, it your needed preven-

Breast cancer is the and feel is an impor- cancers can be tender, every breast cancer, it ease and diabetes. Sec- ner to learn more about While at our weblower blood pressure. site fill out the Health For more informa- Third, avoiding the Calculator & Wellness year.) Death rates from chance of successful change checked by a tion go to https://www. use of tobacco prod- Profile to take the first breast cancer dropped treatment. But know-health care provider ex-cancer.org/cancer/ucts can reduce several step toward personal 40% from 1989 to 2016. ing what to look for perienced in diagnosing breast-cancer/about. types of cancer. Finally, wellness AND to be

> win \$1,000.00. Source: https://www.

Tips to make your next mammogram more comfortable

women the opportunity comfortable. to start treatment early

than 80 percent. mograms usually take One plate holds the ity. breast in place, while

Mammograms re- compressed to get clear consumption for two main one of the best pictures of breast tismethods to detecting sue. Some women find mogram can help. breast cancers, giving the process to be un-

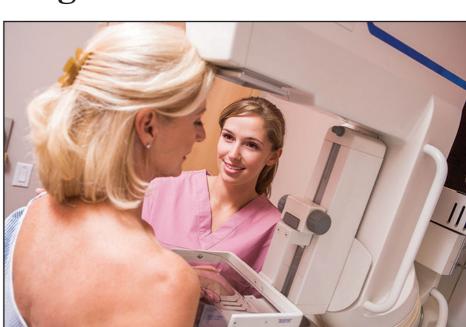
if cancer is detected. In mograms can be es- head at the mammocountries with early ac-sential parts of preven-gram machine. cess to quality screen- tive healthcare, many ing and treatment, women avoid them be- breathing deeply a few breast cancer survival cause of pain and other times before the procerates are now greater discomfort. However, women should not put The organization off mammograms be- before the mammo-Mammography Saves cause they are wor-Lives says that, since ried about discomfort. 1990, mammography There are many ways raphy center if it has has helped reduce to avoid pain during padding, as cushioning breast cancer mortal- mammograms that can between the breasts ity in the United States make the entire experiand the plates of the

- Schedule the mamaround 20 minutes. mogram for a week af-During a traditional ter a menstrual period steps, women may be mammogram, a wom- when hormonal swings an's breast is placed are less likely to inbetween two plates. crease breast sensitiv-
- the other takes images, the breasts more ten- of breast cancer. and the breasts must be der. Reducing caffeine

weeks before the mam-

- Keep your feet and trunk facing forward Even though mam- and simply turn your
 - Reduce tension by
 - Try a pain reliever
- Ask the mammogby 40 percent. Mam- ence more comfortable. mammogram machine can reduce pain.

By taking these more comfortable during mammograms, which can play a vital role in the detection • Caffeine can make and ultimate treatment





Prepared to fight

The Team at Taylor Regional Hospital is in your corner and will fight with you. Breast cancer is a disease we can fight and win.



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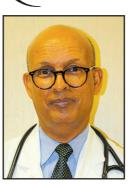
At Taylor Regional Hospital, we firmly believe that where you live should not determine how you fight cancer. We are changing the course of cancer care by providing everything you need to fight this disease right here at home.

We are proud to be our area's only provider of 3D digital mammography. Unlike conventional 2D mammography, in 3D, fine details are more visible and not hidden by the tissue above or below. 3D digital mammography detects 41% more invasive breast cancers and reduces false positives by over 40%.

Our highly skilled team of physicians and surgeons are focused on your needs during your diagnosis, surgery, treatment and healing process. Whether you need diagnostic services, surgical services, cancer treatment, or follow up care, you can count on Taylor Regional Hospital to provide you with the very best care, right here at home.



Taylor Regional Hospital



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