

# Early Detection makes all the difference

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. It occurs almost entirely in women, but men can also have breast cancer.

Breast cancer is the second leading cause of cancer death in women. (Only lung cancer kills more women each year.) Death rates from breast cancer dropped 40% from 1989 to 2016. Since 2007, breast cancer death rates have been steady in women younger than 50, but have continued to de-

crease in older women. These decreases are believed to be the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments.

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find

breast cancer in its early stages, even before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. For this reason, it is important to have any new breast lump or breast change checked by a health care provider experienced in diagnosing breast diseases. Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone

and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be checked by a health care provider. Because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts.

For more information go to <https://www.cancer.org/cancer/breast-cancer/about.html>.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states

in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your

chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at [www.LCDHD.org](http://www.LCDHD.org) and click the "52 Weeks to Health" banner to learn more about each of these areas.

While at our website fill out the Health Calculator & Wellness Profile to take the first step toward personal wellness AND to be entered for a chance to win \$1,000.00.

Source: <https://www.cancer.org/cancer/breast-cancer/about>.

## Tips to make your next mammogram more comfortable

Mammograms remain one of the best methods to detecting breast cancers, giving women the opportunity to start treatment early if cancer is detected. In countries with early access to quality screening and treatment, breast cancer survival rates are now greater than 80 percent.

The organization Mammography Saves Lives says that, since 1990, mammography has helped reduce breast cancer mortality in the United States by 40 percent. Mammograms usually take around 20 minutes. During a traditional mammogram, a woman's breast is placed between two plates. One plate holds the breast in place, while the other takes images, and the breasts must be

compressed to get clear pictures of breast tissue. Some women find the process to be uncomfortable.

Even though mammograms can be essential parts of preventive healthcare, many women avoid them because of pain and other discomfort. However, women should not put off mammograms because they are worried about discomfort. There are many ways to avoid pain during mammograms that can make the entire experience more comfortable.

- Schedule the mammogram for a week after a menstrual period when hormonal swings are less likely to increase breast sensitivity.

- Caffeine can make the breasts more tender. Reducing caffeine

consumption for two weeks before the mammogram can help.

- Keep your feet and trunk facing forward and simply turn your head at the mammogram machine.

- Reduce tension by breathing deeply a few times before the procedure.

- Try a pain reliever before the mammogram.

- Ask the mammography center if it has padding, as cushioning between the breasts and the plates of the mammogram machine can reduce pain.

By taking these steps, women may be more comfortable during mammograms, which can play a vital role in the detection and ultimate treatment of breast cancer.



## 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.



**Dr. Michael Bahr**  
Taylor Regional  
Surgical Associates  
(270) 465-2821



**Dr. James Bergin**  
Taylor Regional  
Surgical Associates  
(270) 465-2821



**Dr. Avis Carr**  
Taylor Regional  
Physicians for Women  
(270) 465-3568



**Dr. Catherine Feese**  
Taylor Regional  
Physicians for Women  
(270) 465-3568



**Dr. Cynthia Hart**  
Taylor Regional  
Hospital Radiologist  
(270) 465-3561

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



**Dr. Zewdu Lissanu**  
The Cancer Center at  
Taylor Regional Hospital  
(270) 789-9999



**Dr. Robert Romines**  
Taylor Regional  
Surgical Associates  
(270) 465-2821



**Dr. Steve VanMeter**  
Taylor Regional  
Physicians for Women  
(270) 465-3568



**Dr. James Watkins**  
Taylor Regional  
Surgical Associates  
(270) 465-2821