

# Join the flock. Help beat breast cancer.

## Breast Health Check List

- Learn to care for yourself the way you care for others.
- Eat a healthy diet and maintain a normal weight.
  - Follow a balanced diet containing the main food groups (fruits, vegetables, grains, dairy and protein)
  - Eat whole grain food such as whole wheat flour, oatmeal and brown rice
  - Take a daily multivitamin
  - Limit alcohol intake
  - Limit saturated and trans fat intake
- Begin an exercise program and be active at least three times per week. Be sure to discuss any exercise program with your health care professional before you start.
- Examine the stresses in your life and find ways to reduce them, if possible.
  - Daily meditation, regular exercise and yoga can all be helpful tools in reducing stress
- Perform monthly breast self-exams.
  - Contact your physician immediately if you feel anything abnormal
- Have an annual physical exam.
  - The annual physical provides an opportunity for your doctor to establish baseline information he/she can use for comparison purposes in future physical exams. Because even small changes can indicate potentially serious problems, an annual physical can detect an illness before it begins or during early stages of development.
- Tap into a support network to stay healthy, such as your friends, family, spouse/partner, spiritual community, online discussion groups and/or others.



**PINK OUT**

Ensuring Breast Health for  
the Women of Central Florida



**FLORIDA HOSPITAL**  
*for WOMEN*

Join our growing flock at [PinkOut.com](http://PinkOut.com).

#JoinTheFlock

# Top Mammogram Myths

## Myth: A mammogram takes too long; I have no time.

**Fact:** Exams usually take less time with digital mammography — patients typically complete a screening-mammogram appointment in less than 30 minutes. Many of our locations offer weekend, lunchtime and evening appointments as well as same-day availability.

## Myth: Mammograms cost too much.

**Fact:** Most insurance companies cover the full cost of a screening mammogram as it may be considered preventative care. Also, low-cost or fully funded mammograms are offered through national programs, community organizations and the Florida Hospital Breast Cancer Care Fund.

## Myth: Mammograms are painful.

**Fact:** Mammograms may be uncomfortable, but should not be painful. You'll experience less discomfort than in the past due to the new compression paddle design that flexes with your body, providing pressure only where needed.

Compression is important, because:

- It spreads the breast tissue more evenly for better visualization of the anatomy and potential abnormalities.
- It lowers radiation dose, since a thinner amount of breast tissue is imaged.
- It immobilizes the breast to prevent blurring of the images caused by motion.

Tips for a more comfortable mammogram:

- Schedule your mammogram 10 to 14 days after the start of your menstrual cycle; the breasts are usually less tender.

- Avoid caffeine a week before your mammogram; it can make the breasts tender.
- If you experience pain, inform the technologist — some simple repositioning may help. Our friendly staff members are sensitive to your needs and want to make your experience as comfortable as possible.

## Myth: I am afraid of finding something.

**Fact:** Eight out of ten breast lumps are not cancerous. See a physician immediately if you discover a lump or change in your breasts. Computer-aided detection (CAD) helps our specially-trained radiologists to be certain of their findings, make recommendations for further studies and talk with referring physicians. If cancer is detected, our breast care clinicians will provide you with a continual source of support throughout the entire process.

## Myth: The radiation from a mammogram can cause cancer.

**Fact:** Mammograms are very safe. Digital mammography uses the lowest radiation dose required to produce clear and precise exam images.

## Myth: Mammograms are for older women only.

**Fact:** The American College of Radiology recommends that women age 40 and older should get a yearly screening mammogram for as long as a woman is in good health. However, if you have a family history of cancer, any new breast problem or other high-risk factors, it may be recommended to start screening at an earlier age.

To schedule your mammogram, call (866) 366-PINK or visit [PinkOut.com](http://PinkOut.com)



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