

Where to Go for a Free or Low Cost Screening

Call and find out if you are eligible for free screening:

Breast & Cervical Cancer Control Program (808) 692-7489

O'ahu

Kalihi-Pālana Health Center
(808) 848-1438
(808) 792-5576

Kapi'olani Women's Center
(808) 973-3015

Kōkua Kalihi Valley
(808) 791-9410

Ko'olauloa Community Health and Wellness Center
(808) 293-9216 (Hau'ula)
(808) 293-9231 (Kahuku)

The Queen's Medical Center
(808) 691-7747

Waimānalo Health Center
(808) 954-7147

Wai'ānae Coast Comprehensive Health Center
(808) 697-3594 (Wai'ānae)
(808) 697-3882 (Waipahu)

Hawai'i

Bay Clinic
(808) 961-4075 (Hilo)
(808) 930-0422 (Kēa'au)
(808) 965-9711, ext. 1 (Pāhoa)

Hāmākua Health Center
(808) 775-7206

West Hawai'i Community Health Center
(808) 326-5629 (Kona)
(808) 323-8005 (Kealahou)

Maui

Hui No Ke Ola Pono
(808) 442-6856

Moloka'i

Moloka'i Women's Health Clinic
(808) 553-3197

Kaua'i

Ho'ōla Lāhui Hawai'i
(808) 245-7767

Lāna'i

Lāna'i Women's Center
(808) 565-6919

Check here for most current listings:

- <http://hawaii.gov/health/family-child-health/chronic-disease/bcccp/>
- www.imihale.org

To Learn More About Breast Health Care

Call or visit your own health care provider. If you do not have one, call the Native Hawaiian Health Care System on your island.

O'ahu: Ke Ola Mamo (808) 845-3388

Maui: Hui No Ke Ola Pono (808) 244-4647

Hawai'i: Hui Mālama Ola Nā 'Ōiwi (808) 969-9220

Kaua'i, Ni'ihau: Ho'ōla Lāhui Hawai'i (808) 240-0100

Moloka'i, Lāna'i: Nā Pu'uwai (808) 560-3653

Call these agencies or visit these websites:

American Cancer Society (800) 227-2345
www.cancer.org

National Cancer Institute 1-800-4-CANCER
(1-800-4-422-6237)
www.cancer.gov

Susan G. Komen for the Cure www.komen.org

'Imi Hale Native Hawaiian Cancer Network www.imihale.org

Mahalo to our "cover gals", all breast cancer survivors (L-R):
Kehau Matsumoto, Mahealani McClellan, Tiare Agpaoa,
Sandi Claveria, Jo Tsark



This pamphlet was developed by 'Imi Hale (www.imihale.org), CPNC U54CA153459, with support from the NCI Center to Reduce Cancer Health Disparities, The Safeway Foundation, and The Queen's Medical Center NCCCP (3M 4-2013).

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Breast Health Care What Every Woman Should Know



Hiki no, it's worth it!
Over 90 survival years among our cover gals

How you can help yourself

1. Know your family health history and let your doctor know if close blood family have had breast cancer.
2. Follow good breast health practices and ask your doctor about what screening tests are right for you.
3. Know your own body and what is normal for you. Tell your doctor if you notice any breast changes.
4. Learn the risk factors that may increase your risk or chances of getting breast cancer.

When breast cancer is found early,
9 out of 10 women will survive.

"No be shame. Talk to your family about breast cancer and ask about family history of breast cancer." - Sandi Claveria (Breast Cancer Survivor)



Some known risk factors that increase a woman's chances of getting breast cancer:

- Age (more risk as you get older)
- Being female (but men get breast cancer too)
- Family and/or personal history of cancer
- Having a history of breast problems (lumps, discharge)
- Having "dense breasts" (high breast density, more breast tissue than fatty tissue)
- Had radiation exposure during youth
- Taking hormone replacement therapy

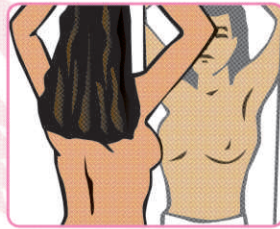
Most women who get breast cancer have none of the risk factors other than age & gender.

Know What's Normal For You

If you're 18 or older, make it a habit to check yourself and be aware of what is normal for you.

1 Look for Changes

Look for changes when standing in front of a mirror. Make sure the light is bright.

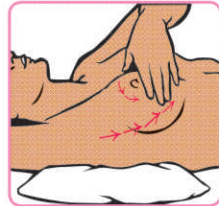


2 Feel for Changes

Feel ALL areas of each breast and armpit for lumps or thick areas.



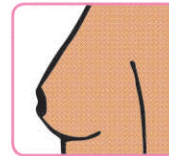
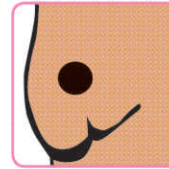
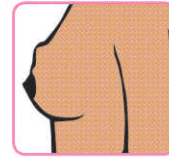
Check at bath time when you are wet and soapy.



You can also check when lying down.

Changes to Tell Your Doctor About

- Any changes you can see or feel that is not normal for you (lumps or thick areas).
- A dimple or folding in of the breast surface.
- A discharge – like bleeding or mucus from the nipple.
- A nipple that starts to turn inward.
- Pain or discomfort in the breast.
- Swelling, redness, or feeling of heat in the breast. The swollen area feels hot to the touch.



"It's important to know your own body. Be proactive about your health. I found a lump while I was dressing and knew something was not right, so I told my doctor."

- *Tiare Agpaoa* (Breast Cancer Survivor)

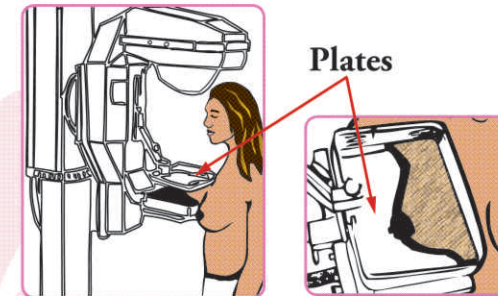


Mammograms

A mammogram is an X-ray picture of the inside of your breast that can find lumps that are too small to feel.

When to get a mammogram:

- Every year for women age 40 and over.*
- If you are younger and have a family history of breast cancer, talk with your doctor or nurse about when to get tested.



Mammograms can find cancers earlier, but a small percent need to be "watched" before deciding if and when treatment (chemo or radiation) is needed. To make the best choices for you, talk with your cancer doctor (oncologist) about treatment options.

*American Cancer Society recommends yearly mammograms for women age 40 and over. The US Preventive Task Force recommends mammograms every 2 years for women age 50 and over. Talk with your doctor to find out when you should get tested.

Breast Exam by Your Doctor or Nurse (Clinical Breast Exam)

This is a breast exam done by your doctor or nurse. It should be part of your yearly exam.

- Every 3 years for women age 20-39
- Every year for women over age 40
- More often for women with family history of breast cancer or personal history of breast lumps or fibroids

During your exam:

- Tell your doctor about any breast changes you found.
- Don't be afraid to ask questions.

