

Facts about Breast Cancer in Oregon

What is Breast Cancer?

- Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

Breast Cancer in the U.S. and Oregon

- Breast cancer is the second most common reportable cancer in the U.S.
- Breast cancer is the most common reportable cancer in Oregon.
- Oregon has the second highest incidence of breast cancer in the country, after Washington State. In both states, incidence of breast cancer is highest along the I-5 corridor.
- Breast cancer is the third leading cause of death from cancer in Oregon.
- Breast cancer kills more women in the U.S. between the ages of 20 and 59 than any other cancer.
- 75% of breast cancer cases are in women 50 years of age or older.

Early Detection Saves Lives

- Breast cancer cannot currently be prevented, therefore it is essential to detect it early when treatment options are more effective.
- The American Cancer Society recommends that women have annual mammograms and clinical breast exams (CBE) beginning at age 40 and that women under 40 have clinical breast exams at least every three years.
- In 2005, the Oregon State Legislature created a law to ensure health insurance plans provide access to high quality clinical breast exams.

Resources and Information on Breast Health and Breast Cancer

American Cancer Society
Portland Office
0330 SW Curry St
Portland, OR 97239
Phone: (503) 295-6422
www.cancer.org

The Hambleton Project
Lesbian Cancer Network
1112 N.E. 21st Ave,
Suite #5
Portland, Oregon 97232
503-335-6591
hambproj@easystreet.com

Susan G. Komen Breast Cancer Foundation
Oregon & SW Washington Affiliate
1400 SW 5th Avenue, Suite 530
Portland, OR 97201
(503) 552-9160
800-404-8241
www.komenoregon.org

National Cancer Institute's Cancer Information Service
1-800-4-CANCER (1-800-422-6237)
TTY: 1-800-332-8615
www.cancer.gov

Oregon Breast and Cervical Cancer Program
800 NE Oregon Street, Suite 730
Portland, OR 97232
Phone: 877-255-7070
Phone: 971-673-0984
TTY: 971-673-0372
www.oregon.gov/DHS/ph/bcc/index.shtml

Oregon Women's Health and Wellness Alliance
503-986-1725

OHSU Cancer Institute
Breast Health Education Program
bhep@ohsu.edu
www.OHSUcancer.com/bhep
For more information about clinician training,
call: 503-494-3389

OHSU Center for Women's Health
Mail code: L466
3181 SW Sam Jackson Park Road,
Portland, OR 97239
503 494-0515
cwh@ohsu.edu
www.ohsuwomenshealth.com/index.asp

Catch
Breast Cancer
Early

~with~

CBE
(Clinical Breast Examination)

A message from



National Cancer Institute's **CANCER INFORMATION SERVICE**

Facts about High Quality Clinical Breast Exams

What is a *high quality* Clinical Breast Exam (CBE)?

- A high quality CBE is a thorough method of breast exam performed by a doctor or clinician to check for lumps and other changes in breast tissue. This type of exam is recommended by the American Cancer Society and the Centers for Disease Control and Prevention.

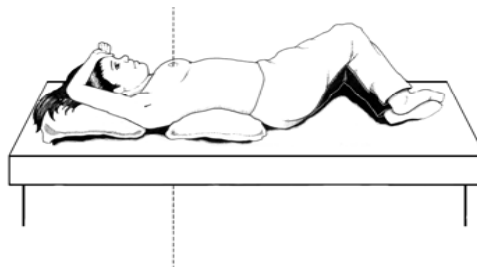
Who should have a CBE?

- Every woman over the age of 18 should have a complete, thorough CBE at least every three years, even if she does not get a pap smear. Women 40 and older should have a CBE every year.
- For women 18-40, CBE is the most common method of breast cancer detection. For these women, mammography is not used because the breast tissue is too dense.
- For women over 40, CBE is a useful tool to use in conjunction with mammography.

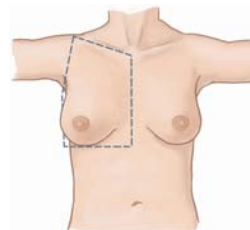
What can you expect with a *high quality* CBE?

- During the exam, you will be asked about your personal health history, any breast changes you have noticed, or concerns you may have. Your physician should also ask about your family health history, including whether any members of your family on either side have had breast cancer.

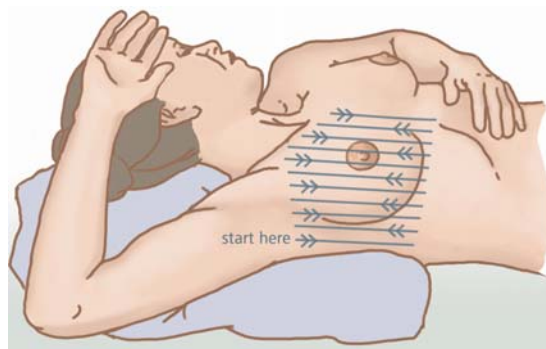
- You will be positioned on your back, turned slightly to your side, with one arm over your head. This will allow the clinician to examine your breasts more effectively. This is called the Cahan position:



- A high quality CBE requires physicians or nurses to examine the entire chest area. One of the best ways to do this is to perform a vertical-strip, three-pressure method exam. During this exam, the clinician will examine the area from the breast up to the neck, into the armpit, over the center of the chest, and under the breast into the ribcage area. Your exam should include both visual and physical inspection. The figure of the woman's torso directly above demonstrates the area that should be covered by a high quality CBE.



- Vertical strip pattern:



- Your physician will use different amounts of pressure to examine all areas of the breast (light, medium, and deep)—making sure that no breast tissue is missed.



- A high quality exam may take longer than you are used to, at least 3 minutes for each breast.
- You should discuss your breast health plan with your physician who can also demonstrate the proper way to examine your own breasts.

If you do not have insurance, or your insurance does not cover preventive screening, you may qualify for a free CBE through the Oregon Breast & Cervical Cancer Early Detection Program.

Call the Oregon Breast & Cervical Cancer Early Detection Program at 1-877-255-7070 for more information.

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