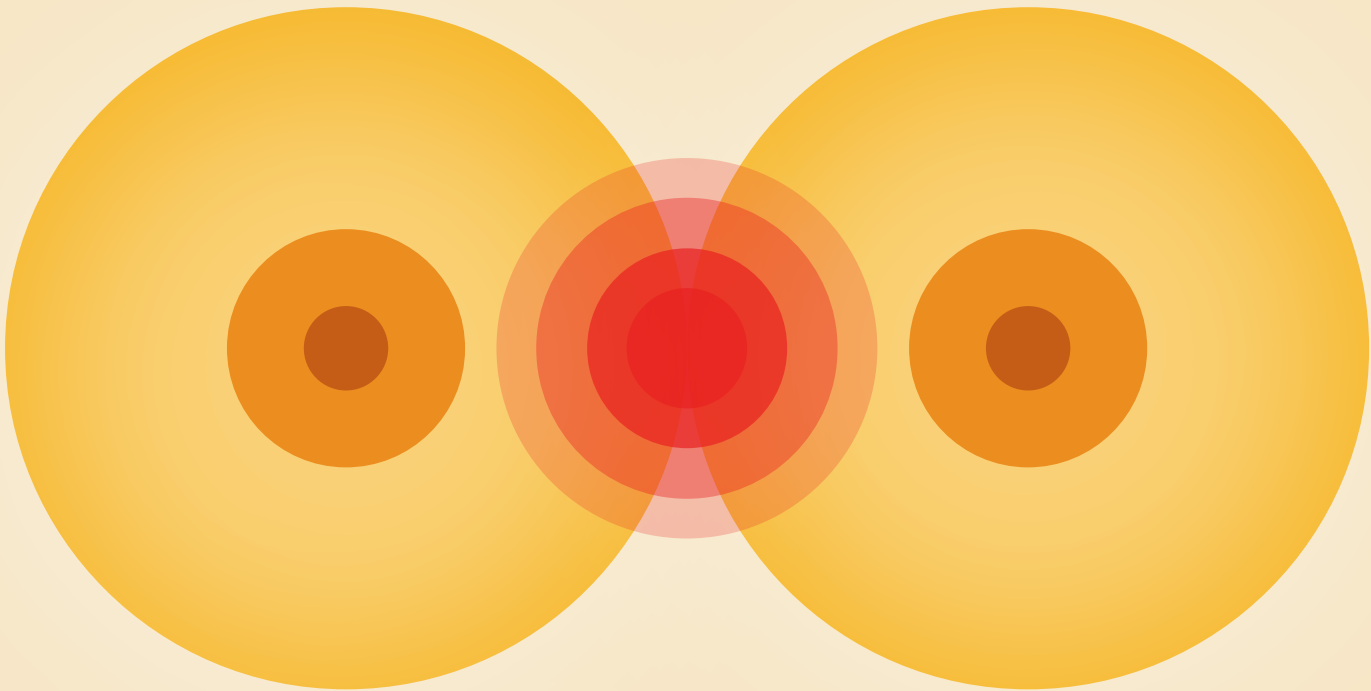


# Breast Cancer Early Detection Programme



# Breast cancer early detection programme

Breast cancer is a common disease.

1 in 10 women has breast cancer.

Breast cancer is more common when you're older.

## Early detection

is finding a disease before symptoms occur.

## Breast

is what doctors call the boob.

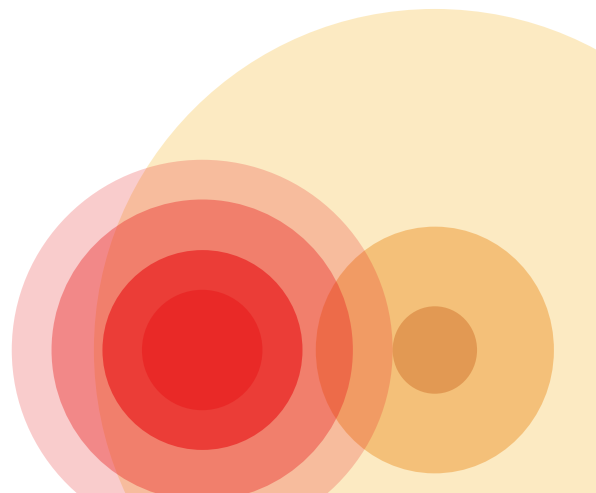
## What can I do to prevent breast cancer?

When the breast cancer is very small, it can be detected early and when it is detected early it is almost always treatable.

Although the breast cancer may be very small, it can be detected through a test called a mammogram, which is quick and simple. Almost all breast cancers can be detected with a mammogram.

## Detect

is to discover that something exists.



# What is a mammogram?

A mammogram is an x-ray of the breast.  
Two images of each breast will be taken.  
It is necessary to flatten the breast  
to get a clear view of it during the mammogram.  
It may hurt a little upon pressing.

Detecting breast cancer early is very important,  
which is why the Ministry of Health gives  
women between 45–74 years of age the chance  
to get a mammogram for free every two years.



## How can you get a mammogram?

You'll get a letter at home  
telling you what you need to do.  
You can also ask your doctor.  
After your first mammogram,  
you'll receive a letter every two years  
for the following check-ups.

# How will you know the results?

The results of the mammogram will be sent by post to your home, as well as to your doctor.

When the results are negative, this means that your breast is normal and you don't have cancer.

You may be told to get the mammogram done again if the images cannot be seen clearly.

When the results are doubtful, it's difficult to say whether you have breast cancer or not.

In this case, you'll have to see your doctor so that they can run other tests on you.

# Some tips

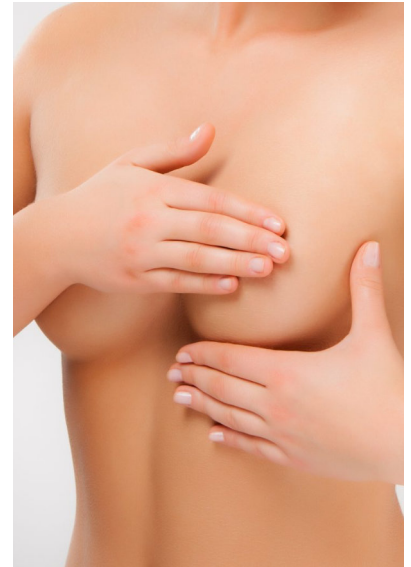
On the day of your mammogram, don't apply anything to your breast or armpits to get a clearer view.

To get the mammogram done, you'll have to remove all clothing from the waist up.

It's important for you to be familiar with your breasts.

This is why you have to do a breast self-exam every so often, so you'll notice if there's any change or you feel a lump.

See your doctor when you find something unusual in your breast, even if you've just had a mammogram done recently.



## Breast self-exam

is examining your breasts with the flat of your hand to check for lumps.

**Get a mammogram whenever you get a call.  
Once is not enough.**

**GO WHENEVER YOU GET A CALL**

# Mammography units

**ÁREA DE SADLUD DE ÁVILA**  
Teléfono: 920353159 Ext. 30197

**ÁREA DE SALUD DE BURGOS**  
Teléfono: 947263035

**ÁREA DE SALUD DE LEÓN**  
Teléfono 987 22 72 50  
Ext. mañanas 43822, tardes 43828

**ÁREA DE SALUD DEL BIERZO**  
Teléfono 987 40 42 54

**ÁREA DE SALUD DE PALENCIA**  
Teléfono 979 70 66 16

**CERVERA DE PISUERGA**  
Teléfono 979 74 62 22  
Ext. 50037/50036

**ÁREA DE SALUD DE SALAMANCA**  
Teléfono 923 29 67 40

**ÁREA DE SALUD DE SEGOVIA**  
Teléfono 921 41 93 30 Ext. 59858

**ÁREA DE SALUD DE SORIA**  
Teléfono 975 22 09 04  
Ext39270/39018

**ÁREA DE SALUD VALLADOLID ESTE**  
Teléfono 983 41 37 71

**ÁREA DE SALUD VALLADOLID OESTE**  
Teléfono 983 45 60 17

**ÁREA DE SALUD DE ZAMORA**  
Teléfono 980 53 58 68 Ext. 45696