

Live Healthy!



Cancer screening for women

How often should you get breast cancer screenings?

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

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Since prevention is one of the most important cancer-fighting tools, it's important that cancer be detected early. Early detection of breast cancer means a better chance of recovery. Some of the symptoms of breast cancer are: a lump or thickening of the breast; discharge from the nipple; change in the skin of the breast; a feeling of heat; or enlarged lymph nodes under the arm.

How often should you get breast cancer screenings?

Women over age 20: Conduct regular breast self-exams at home and report changes to your physician.

Women in their 30s: Get a breast exam from your physician at least every 3 years.

Women over age 40: Get a mammogram and breast exam from your physician every 1–2 years.

Tests

Apart from a physical examination and mammogram, the following tests can help in very early detection of cancer. People who are at-risk should have these tests done every 1 – 2 years.

CA 15.3: is a cancer marker test which will show elevated values in women with breast cancer. These marker tests can help detect cancer even before it reaches a size big enough for detection by other means.

T/Tn Antigen test: This test can detect cancer or indicate the likelihood of developing cancer. The T and Tn antigens are proteins on the surface of blood and skin cells. Concentrations of these antigens vary depending on type and stage of cancer and help in identifying cancer several years before any symptoms are visible.



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Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.

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