

## GUIDELINES FOR BREAST HEALTH

This three-part program is recommended by respected health organizations including the American Cancer Society, the National Cancer Institute and the U.S. Centers for Disease Control and Prevention:

1. **Monthly breast self-exam**
2. **Clinical breast exams**
  - Age 20 to 40 – every three years
  - After age 40 – every year
3. **Mammography**
  - Baseline mammogram – age 40
  - After age 40 – every year

Women with a family history of breast cancer should check with their physician for personal advice on mammography screening guidelines.



## UNIVERSITY'S BUDDY CHECK 6<sup>SM</sup> PROGRAM IS SIMPLE AND FREE.

This program is made possible in part by the generous support of WJBF News Channel 6 and area Dillard's stores

It's as simple as **1-2-3** to get started with University's Buddy Check 6<sup>SM</sup> program.

- 1 **Choose a buddy** – a friend, sister, mother or co-worker.
- 2 **Place the Buddy Check 6 stickers on your calendar as a reminder for your monthly breast self-exam (BSE).** (Do your exam on the sixth of every month if you no longer have a period. Otherwise, it is recommended that you do BSE a week after your period.)
- 3 **On the sixth of every month check with your buddy to make sure she's doing her monthly exam.** Also remind each other to schedule the recommended clinical breast exam and mammogram if either is 40 or older.



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**TUNE** in at 6 p.m. on the sixth of every month for a special Buddy Check 6<sup>SM</sup> feature that includes encouraging stories from breast cancer survivors, as well as information on the latest diagnostic tests and treatment options. WJBF NewsChannel 6 also reminds women across the CSRA to perform their monthly breast self-exams.

## Dillard's

**AREA** Dillard's stores have joined in the fight against breast cancer by offering special promotions on the sixth of every month to women who sign up for the Buddy Check 6<sup>SM</sup> program. They are also offering a convenient location for women to have a screening mammogram. The University Mobile Mammography Unit will be on site at area Dillard's stores on the sixth of each month. See the enclosed schedule card for specific dates.

## Buddy Check 6<sup>SM</sup>



UNIVERSITY  
HEALTH CARE SYSTEM  
Breast Health Center



## BREAST CANCER IS THE MOST COMMON CANCER IN WOMEN IN THE UNITED STATES.

About one in eight women across the United States will be diagnosed with invasive breast cancer this year. But more and more women are surviving because of earlier detection and improved treatment.

**If breast cancer is detected and treated before it spreads to the lymph nodes and other parts of the body, THE CHANCE OF A CURE IS GREATER THAN 85 PERCENT.**

Because early detection is so important, University's Breast Health Center has teamed-up with WJBF News Channel 6 and area Dillard's stores to bring you the Buddy Check 6<sup>SM</sup> program – a community outreach initiative designed to encourage women to take an active role in detecting breast cancer early.

**Know the warning signs of breast cancer and the guidelines for breast health. The warning signs of breast cancer are:**

- Breast lump or thickening
- Bleeding or discharge from the nipple
- Change in breast shape or contour
- Dimpling or puckering of the skin
- Inflamed reddish appearance of the breast
- Retraction or scaliness of the nipple

A breast lump or any other suspicious sign should be checked by a physician **as soon as possible** even though three-fourths of all breast lumps are benign. Many women delay seeing a physician when they discover a lump. If a lump does turn out to be cancer, early diagnosis and treatment give women the best possible chance for a cure. **If you need assistance in locating a physician, call the University Breast Health Center at 706/774-4141 or toll free at 866/774-4141.**

## YOUR BUDDY CHECK 6<sup>SM</sup> ENROLLMENT PACKAGE INCLUDES THE FOLLOWING HELPFUL RESOURCES FOR YOU AND YOUR BUDDY:

- Handy **monthly stickers** for your calendar to serve as a reminder for breast self-exam
- **Bookmark** with written instructions and diagrams on the most effective procedure for breast self-exam
- Buddy Check 6 **identification card** that may be used for special promotions at area Dillard's stores on the sixth of every month
- A **brochure** on University's Breast Health Center
- A **schedule** of when the Mobile Mammography Unit will be at area Dillard's stores

UNIVERSITY'S  
**BUDDY  
CHECK**  <sup>SM</sup>

in partnership with  
WJBF News Channel 6

## HAS BUDDY CHECK 6<sup>SM</sup> MADE A DIFFERENCE IN YOUR LIFE?

We want to know that this program is making a difference in women's lives. If you or your buddy find a lump and are willing to share your story, please let us hear from you by calling **706/774-4141** or **toll free at 866/774-4141** or by contacting us through our Web site [www.universityhealth.org](http://www.universityhealth.org).

**For additional information on University's Buddy Check 6<sup>SM</sup> program or the University Breast Health Center, simply call 706/774-4141 or toll free 866/774-4141.**