

HealthMatters



Get Smart about Breast Cancer

Breast cancer is the second leading cause of cancer death in women after lung cancer. An early sign of breast cancer can show up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Additional signs of breast cancer include:

- ▶ Any new, hard lump or thickening in any part of the breast
- ▶ Change in breast size or shape, or dimpling or puckering of the skin
- ▶ Swelling, redness or warmth that does not go away
- ▶ Pain in one spot that does not vary with your monthly cycle
- ▶ Pulling in of the nipple or nipple discharge that starts suddenly and appears only in one breast
- ▶ An itchy, sore or scaling area on one nipple

It is important for women to practice good breast health, which means:

- ▶ Regular mammography screening starting at age 40
- ▶ Annual clinical breast exams
- ▶ Monthly breast-self exams
- ▶ A risk assessment from a physician

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ 22% of our cases have a change in diagnosis
- ▶ 61% of our cases have a change in treatment

If you have
questions call
1-866-904-0910.

Facing Breast Cancer

Mary was diagnosed with breast cancer.

Her treating physician recommended an intense course of chemotherapy. This left Mary anxious so she contacted Best Doctors to be sure she had the right treatment.

Connect: Mary spoke with a Best Doctors Member Advocate who answered her immediate questions and obtained Mary's medical records.

Investigate: Best Doctors identified a cancer expert best suited to review her case. They identified Mary's original tests had been misread and, as a result, the chemotherapy prescribed would have been ineffective.

Answer: Best Doctors provided Mary with a report she discussed with her physician and they decided on a change in chemotherapy.

Now Mary is receiving the right treatment and is on the road to recovery.