



# Common Cancers in Clay County

## SCREENING & RISK AWARENESS

### Breast Cancer

#### ***Who's at Risk?***

- Women aged 40+
- Family history, BRCA1/2 mutations, dense breast tissue

#### ***Common Symptoms***

- Lump or mass on breast
- Changes in breast size or shape
- Skin or nipple changes

#### ***Screening Recommendations***

- Mammogram every year starting at age 40
- Earlier or more frequent screening for high-risk individuals

#### ***Reduce your risk***

Limit alcohol, maintain a healthy weight, exercise regularly

#### ***Spencer Hospital Services***

#### **DESIGNATED COMPREHENSIVE BREAST IMAGING CENTER BY THE ACR**

- 3D Screening
- 3D Diagnostic Mammograms
- Breast ultrasound
- Stereotactic and Ultrasound guided breast biopsies
- breast needle localization
- lymphoscintagry - Diagnostic Imaging
- Certified Breast Health Navigator - Diagnostic Imaging
- Surgical Services – NWIA Surgeons
- Cancer Treatment - Abben Cancer Center

#### **General Cancer Prevention Tips**

MAINTAIN A HEALTHY WEIGHT

STAY ACTIVE

LIMIT ALCOHOL

DON'T SMOKE

EAT A BALANCED DIET

PROTECT YOUR SKIN FROM UV RAYS

KNOW YOUR FAMILY HISTORY AND TALK TO YOUR DOCTOR

STAY UP TO DATE ON SCREENINGS

GET VACCINATED (HPV, HEPATITIS B)



**Abben Cancer Center**  
of Spencer Hospital

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