

HEALTHY LIVING CHRONICLES

Breast Health Education



October is Breast Cancer Awareness Month. However, women should view every month as an opportunity to encourage breast health. “For some women, they prioritize the health of their families and forget to take care of themselves. Since regular mammograms can help detect breast cancer early when it is most treatable, we want to empower women to focus on their well-being by getting this life-saving screening,” stated Terrie Trimmer, director of the Center for Comprehensive Breast Care at Doctors Community Health System.

Breast Cancer Facts

Breast cancer is a disease in which malignant (cancerous) cells develop in breast tissue. Though early-stage breast cancer does not always have symptoms, some may develop as the tumor grows. Women should contact their physicians immediately if they experience any of these symptoms:

- ✦ A painless lump in or near the breast
- ✦ A change in breast size or firmness
- ✦ Nipple itching, burning, rash, turning inward or discharge
- ✦ A warm area in the breast

- ✦ Breast skin changes such as dimpling, a sore or a rash
- ✦ Swelling in the armpit

Breast Screening Recommendations

Women should be screened for breast cancer at:

- ✦ Ages 40 and older – have mammograms and clinical breast exams yearly
- ✦ Ages 20s and 30s – have clinical breast exams as part of regular health assessments at least every three years
- ✦ Ages 20 and older – perform breast self-exams and notify doctors of any changes immediately

If it is time for your or your loved one’s annual mammogram, contact our Center for Comprehensive Breast Care at **301-552-7805** and **DCHweb.org/breast**. We have appointments conveniently available Mondays through Saturdays.



LET OUR SYSTEM CARE FOR YOURS

Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

- ✚ Ambulatory Surgery
- ✚ Bariatric and Weight Loss Program
- ✚ Breast Health
- ✚ Diabetes Education
- ✚ Digestive Care
- ✚ Emergency Services
- ✚ Endocrinology Services
- ✚ Imaging Services
- ✚ Infusion Care
- ✚ Orthopedic Service
- ✚ Primary Care
- ✚ Radiation Oncology
- ✚ Rehabilitation Program
- ✚ Sleep Care
- ✚ Surgical Services
- ✚ Wellness Center
- ✚ Wound Care

Contact us for more information or to schedule an appointment.

301-DCH-4YOU | 301-324-4968 | DCHweb.org

STAY CONNECTED!



Main Campus

8118 Good Luck Road
Lanham, Maryland 20706