



EYLANI
FOUNDATION

&

Eylani Community
Health Network

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HEALTHY LIVING SERIES

Breast Health & Screening

Know Your Risk. Get Screened. Take Charge.



Why It Matters

Breast cancer is one of the most common cancers among women, but when found early, it is more treatable and survival rates are higher. Regular screenings, awareness of changes, and healthy habits can help you **take charge of your breast health and detect problems early.**



Who Should Be Screened?

Screening recommendations can vary based on your age, risk factors, and personal and family health history.

- ✓ For women at average risk, the U.S. Preventive Services Task Force (USPSTF) recommends screening mammography every two years from ages 40 through 74. Other professional organizations may recommend different screening intervals. Talk with your healthcare provider about the screening schedule that's appropriate for you.
- ✓ Women with a higher risk (e.g., family history, genetic mutations, certain breast conditions) may need to start screening earlier and may need additional tests such as breast MRI.
- ✓ Men can also develop breast cancer, although it is rare. Talk to your healthcare provider if you notice changes in your breast tissue.



Common Screening Tests

Your healthcare provider can help determine which tests are right for you.

- ✓ Mammogram – an X-ray of the breast used to detect cancer early, often before there are symptoms.
- ✓ Breast MRI – may be recommended for individuals with a higher risk of breast cancer.
- ✓ Clinical breast exam – a physical exam by a healthcare provider to check for lumps or other changes.
- ✓ Breast self-awareness – knowing how your breasts normally look and feel so you can notice and report any changes.



Know the Signs and Symptoms

Contact your healthcare provider if you notice:

- ✓ A lump or thickening in the breast or underarm area
- ✓ Changes in breast size, shape, or appearance
- ✓ Skin changes (redness, dimpling, or thickening)
- ✓ Nipple changes (discharge, inversion, or scaling)
- ✓ Persistent breast pain

Not all breast changes are cancer, but it's important to have them checked.



Steps to Support Breast Health

In addition to screening, these habits can support your overall breast health:

- ✓ Maintain a healthy weight
- ✓ Be physically active
- ✓ Eat a balanced diet (fruits, vegetables, whole grains)
- ✓ Limit alcohol consumption
- ✓ Avoid tobacco use
- ✓ Know your family health history
- ✓ Attend routine screenings and medical appointments



Learn More

Visit www.echnchicago.com for more health education resources, tools, and community support.



Need Support?

If you have questions about screening, risk factors, or need help finding resources:

- Talk with your healthcare provider
- Contact a local community health center
- Visit cancer.org or cdc.gov/cancer
- Call 1-800-227-2345 (American Cancer Society)
- Ask about genetic counseling if you have a family history of breast cancer



Related Topics in the Healthy Living Series:

- Preventive Care 101
- Managing Chronic Conditions
- Women's Health
- Healthy Habits
- Mental Wellness
- Financial Wellness & Your Health



This information is for educational purposes only and is not medical advice.

It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider for personalized medical advice, diagnosis, or treatment.

Sources:

- U.S. Preventive Services Task Force (USPSTF)
- Centers for Disease Control and Prevention (CDC)
- American Cancer Society (ACS)
- National Cancer Institute (NCI)
- Accessed October 2026.

