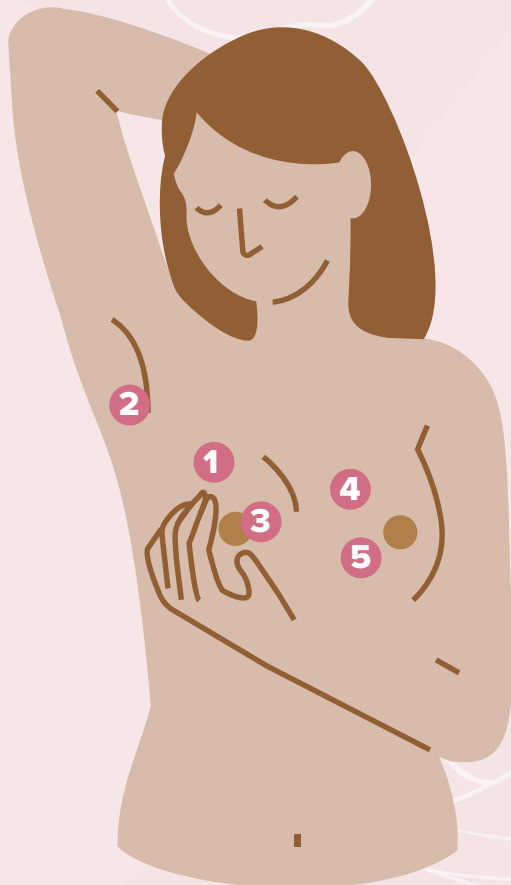


YOUR BREAST HEALTH

Remember to always check with your health care provider if you notice any of the following changes:

- 1 A lump in or near your breast
- 2 A lump under your arm
- 3 Discharge from your nipple that isn't due to breastfeeding
- 4 Thick or firm tissue in or near your breast or underarm
- 5 Changes to the size, shape, or color of your breast or nipple



HAWAI'I AT-A-GLANCE

- Breast cancer is the most common cancer diagnosed in women in Hawai'i.
- 72% of breast cancers are diagnosed in women of age 55 and older.
- Invasive breast cancer incidence rates in Hawai'i increased nearly 1.7% per year over the past 10 years.
- Breast cancer incidence is higher among Japanese and Native Hawaiian women compared to Chinese, Filipino, White, other Asian and women of other race/ethnic groups.
- Most breast cancers (76%) are diagnosed at early stages (in situ or localized); 22% are diagnosed at advanced stages.

Source: Hawai'i Cancer at-a-glance 2014-2018



Mammography Screening & Cancer Risk Assessment



**THE QUEEN'S
HEALTH SYSTEM**

Your Lifetime Partner in Health

We're Here for You

STAY ON TOP OF YOUR SCREENING PLAN

Annual mammograms can help detect breast cancer earlier, leading to less aggressive treatment and a higher rate of survival.

Women with dense breast tissue are at an increased risk of breast cancer. Mammography may be combined with other imaging types, such as ultrasound or MRI, to screen for cancer in women with dense tissue.

Ask your doctor what density was reported on your recent mammogram to see if additional imaging would be beneficial for your screening plan.

Scan the QR code
to schedule your next
Screening Mammogram!



or call 808-691-7171

COMPLETE YOUR RISK ASSESSMENT

After scheduling your screening mammogram, you're ready to complete a screening risk assessment. This questionnaire helps assess cancer risk in conjunction with the screening mammogram. Access the CancerIQ risk assessment on our website and complete it from the convenience and privacy of your home. We highly encourage you to complete the assessment prior to your scheduled appointment.

UNDERSTANDING YOUR RISK

At Queen's, our team of providers is dedicated to your health and well-being. Since the cause of cancer is often unknown, understanding your risk is important to build a proper screening and management plan.

Women with average risk have:

- No family history or certain types of cancer
- No personal history of breast cancer at a young age or ovarian cancer at any age



Did you know
around **75%** of all breast cancers are
found in average-risk women?



HOW DOES THIS IMPACT YOU?

Women with average risk should still take time to focus on cancer risk reduction and prevention.

90% OF BREAST CANCERS HAVE
NO KNOWN CAUSE

These types of breast cancer have a range of risk factors over time.

40% OF WOMEN OVER 40 HAVE
DENSE BREASTS

Breast density is determined during a mammogram. Dense breast tissue is a risk factor for developing breast cancer

12% OF WOMEN WILL DEVELOP
BREAST CANCER

Breast cancer is the most common cancer in American women. About 1 in 8 women will be diagnosed.

10% OF BREAST CANCERS
ARE HEREDITARY

Some people have higher risk of breast and ovarian cancer due to their family history.