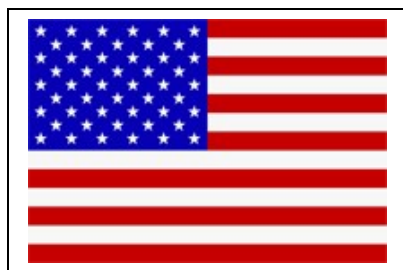




[www.italy-ontheroad.it](http://www.italy-ontheroad.it)

**Dedicated to the prevention of breast cancer**



**General information and advice:**

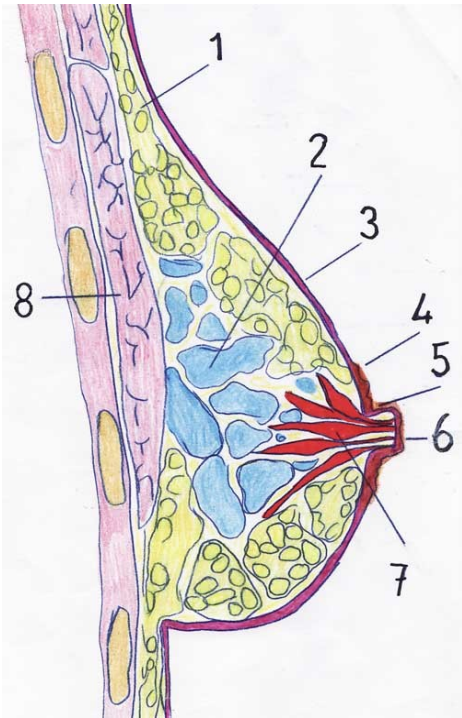
**All women have the right to be healthy  
Please participate in free programs and screening dedicated to  
preventing breast cancer**

The breast is an organ which has numerous functions, not just aesthetic ones, and like the rest of the body is subject to diseases ranging from mild to life threatening.

Therefore, it is of paramount importance to perform regular check ups.

In many cases, breast tumours are discovered through self examination.

This practice of self examination allows a woman to get to know her breasts better and therefore realize right away if there are some abnormalities, even small ones, thus allowing for a rapid and efficient diagnosis followed by appropriate treatment.



## IL SENO.

Sezione della mammella.

1\_ Tessuto adiposo (grasso), tessuto connettivo, nervi, arterie, vene: circondano la ghiandola mammaria.

2\_ Ghiandola mammaria, con la caratteristica conformazione a “grappolo d’uva”.

3\_ Tessuto cutaneo (pelle): racchiude e sostiene la ghiandola mammaria e il tessuto adiposo.

4\_ Areola pigmentata.

5\_ Tubercoli di Montgomery.

6\_ Capezzolo.

7\_ Dotti galattofori (da dove uscirà, eventualmente, il latte).

8\_ Muscolo pettorale, sul quale poggia la ghiandola mammaria (della mammella).

### Some basic advice:

\_ Become familiar with your breasts at an early age through self examination.

\_ Practice regular self examination of breasts .

\_ Contact the doctor if you have any doubts or problems.

The self examination must be done immediately after the end of menstruation, usually when the breast is "more deflated". After menopause and during pregnancy it can be performed regularly on any day of the month.

To know the characteristics of your breasts, it is best to have a consultation the first time with a health care professional.

#### The appointment for screening can take place at the following places:

- 1) In a public health facility (you can request a female doctor)
- 2) From a general practitioner (you can ask for a woman)
- 3) From a gynaecologist (you can ask for a woman)
- 4) From a surgeon (you can ask for a woman).

The self exam does not replace an appointment with a health care specialist that every woman should do periodically.

The self examination covers the period of time between one visit and the next.

### Every month make sure to do a self examination.

1\_ In front of a mirror with your arms relaxed along your side, carefully observe and compare the shape and volume of the breasts and nipples.

You may find that they are not perfectly equal: this is normal.

Check if this changes over time.

2\_ In front of the mirror carefully observe the profile of each breast.

Check to verify if there are any variations over time.

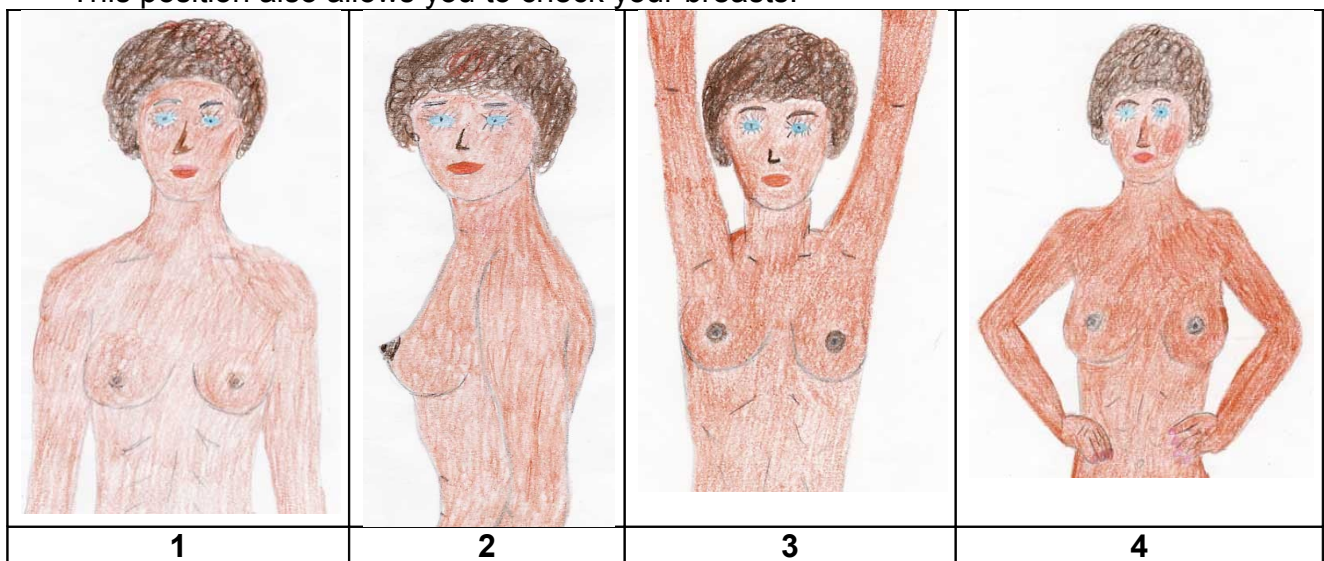
Examine the appearance of the skin: look for indented or wrinkled areas.

3\_ then raise your arms. Please check carefully once again the appearance of your breasts. This view highlights the appearance of your nipples.

Check the profile of your breasts. Doing so causes the skin to be pulled more tightly thus allowing you to see more clearly any imperfections or changes.

4\_ Now with your hands on your hips harden your pectoral muscles.

This position also allows you to check your breasts.



### **When to check with a doctor:**

When there is a an irregularity, compared to the usual shape and volume of the breast.

L 'appearance of the nipple is irregular.

The profile of a breast changes.

The skin presents an alteration: wrinkled areas or indentations.

### **What to watch out for:**

1 – Lay down, put a pillow under your left shoulder and your left hand under your head to flatten the breasts, using your right hand to perform the self examination.

2 – Touch and squeeze your breast with your hand flat using your palm, followed by a spiral movement, starting from the outside to the nipple. With the tip of the fingers together, press gently but thoroughly, proceed slowly in circular motion toward the nipple. Verify if there are variations in texture (nodules and hardening).

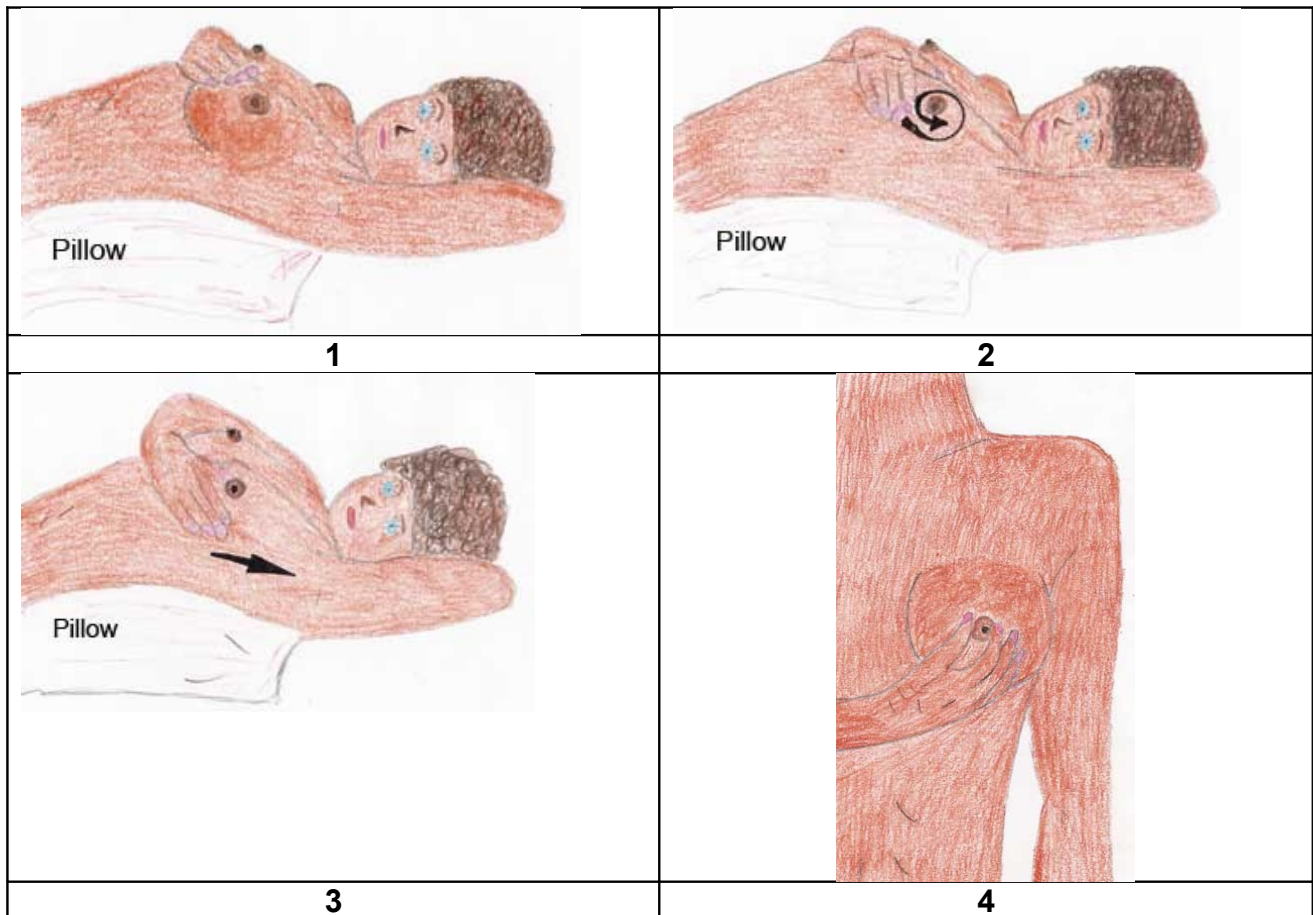
3 – Check the area under the breast, also check the area between the breast and the underarm

4 - Take your nipple between your fingers and press gently. Check and see if you have secretions.

Let your doctor know the colour of the secretion from your nipples by checking it on a tissue.

EXAMINATION of the right breast is performed by placing the pillow under the right shoulder and right hand below the head, using the left hand to perform the self examination.

## HOW Palpate



### When to go see your doctor:

- A change in the consistency of the mammary gland (nodule), or underarm.
- A hardening under the skin.
- Any deformation of the nipple
- Secretion from the nipples
- Eczema (skin eruptions) of the breast.

MAKE SURE TO MARK ON YOUR CALENDAR THE DATE YOU PERFORMED YOUR SELF EXAMINATION

SCREENING FOR THE PREVENTION OF CERVICAL CANCER

## (PAP-TEST).

It should be performed on ALL WOMEN from 25 to 64 years.

According to the international literature and experience through this program you can prevent the onset of cancer of the cervix.

There are currently approximately 1 million women in Emilia Romagna alone who would benefit from this screening.

These women are invited every 3 years to perform the pap-test either by their family doctor or in public health structures.

Within the screening program, the pap test and all subsequent screening are free of charge.

This screening helps with the early diagnosis and treatment of the disease.

### **PAT-TEST**

The pap test is a cytological test (removing cells) very useful to diagnose early cancer and pre-cancerous lesions of the cervix.

It consists of a delicate collection of cells from the cervix with a small spatula and a small brush and the material is placed on a slide and examined under a microscope.

You can request a female doctor, and the examination is not painful.

### **Please undergo this important examination.**

Cancer of the cervix develops slowly and is not recognizable with a normal gynaecological visit. There is no sign of its presence for a long time, but it becomes dangerous if not detected and treated early.

### **Age and frequency of the pap-test.**

All women between 25 and 64 years are asked to participate in the free screening every 3 years by the USL.

### **This exam is free, as are any subsequent analysis**

The pap test is not painful and is not dangerous.

The result of the examination, if negative, will be communicated in written form no later than one month from the date of the testing.

If abnormalities are present in the lab test, and not necessarily of cancerous origin, the subject will be called to arrange for further diagnostic tests to be conducted.

If further testing is required, it is free of charge to the subject.

### **Limitations of the pap-test.**

In some cases, the Pap test does not reveal lesions of the uterine cervix, even if present. It must be noted that often pre cancerous lesions, in a large percentage of cases, do not evolve into cancer – and can even heal oftentimes spontaneously.

*Thanks to: Elizabeth Miller  
11 July 2009*