

The background of the entire image is a light pink color with a repeating pattern of darker pink ribbons. The ribbons are of various sizes and are oriented in different directions, creating a dense, textured effect.

# *The Pink Event*

An **ALL PINK** celebration in honor of **Breast Cancer Awareness Month!**

**CBCC** C O M P R E H E N S I V E  
B L O O D & C A N C E R C E N T E R

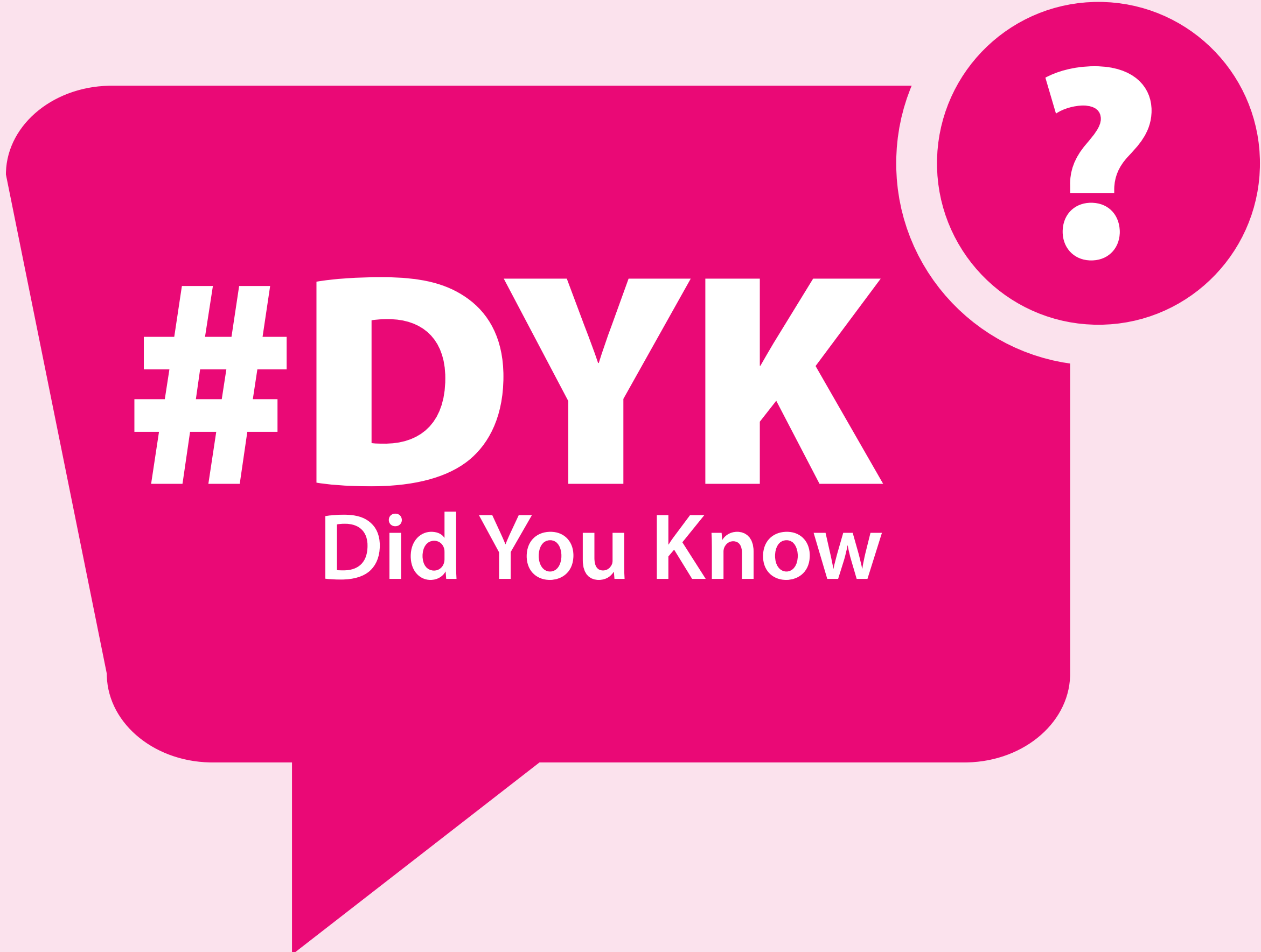
**BREAST HEALTH CENTER**

*Outsmarting Cancer™*

The CBCC Breast Health Center offers 3D screening mammograms for women 40+ all year round.

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With its own private entrance, the CBCC Breast Health Center accepts most major insurances, and does not require a cancer diagnosis to be screened.

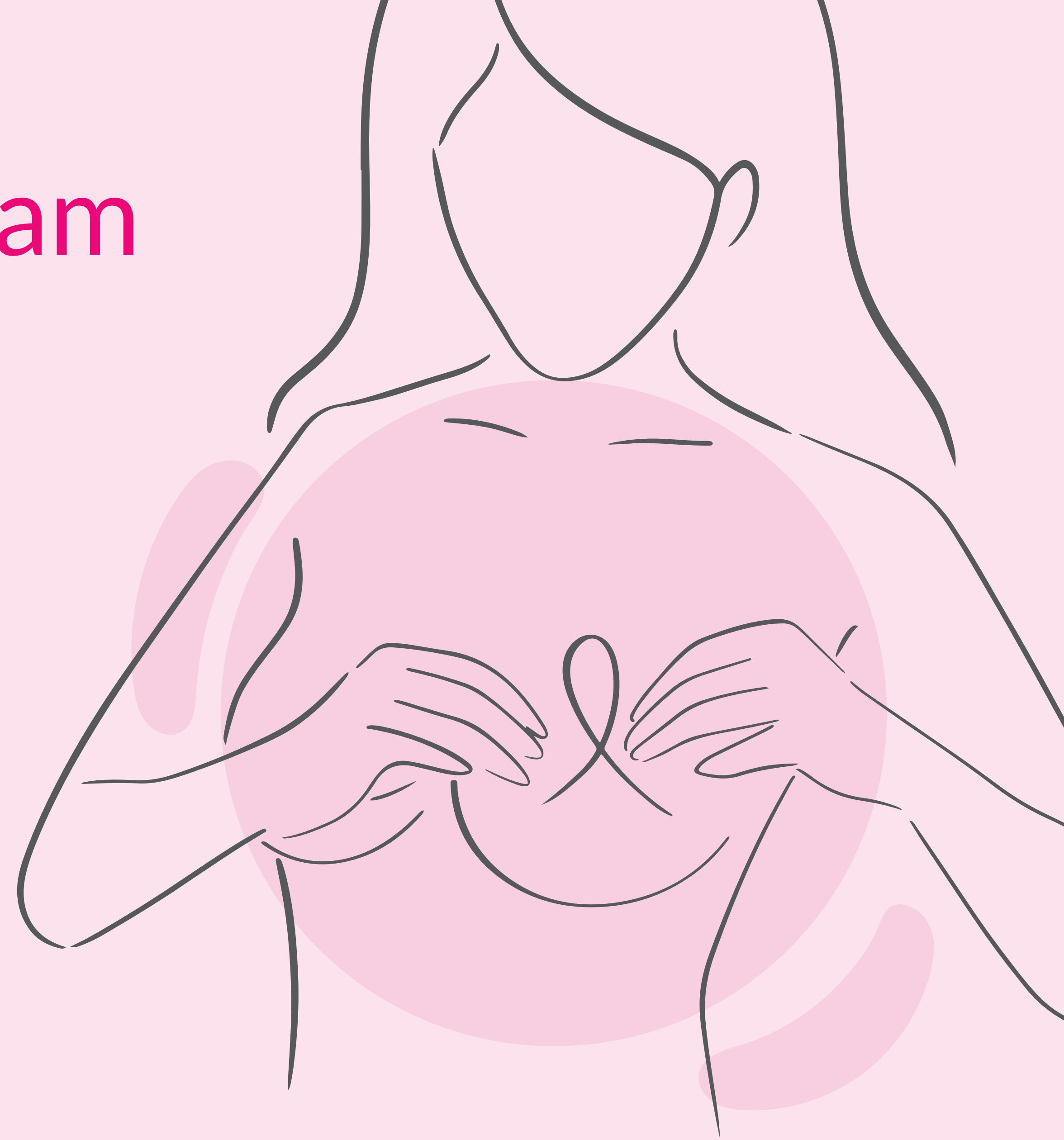


**#DYK**  
Did You Know

# Guide to Breast Self-Exam

The most common symptom of breast cancer is a new lump or mass. A mass that's painless, hard, and has irregular edges is more likely to be cancer, but breast cancers can also be tender, soft, rounded, or painful.

**It's important to report any new breast mass, lump, or change to your healthcare professional.**



# Guide to Breast Self-Exam

CBCC advises all women to become familiar with how their breasts normally look and feel.

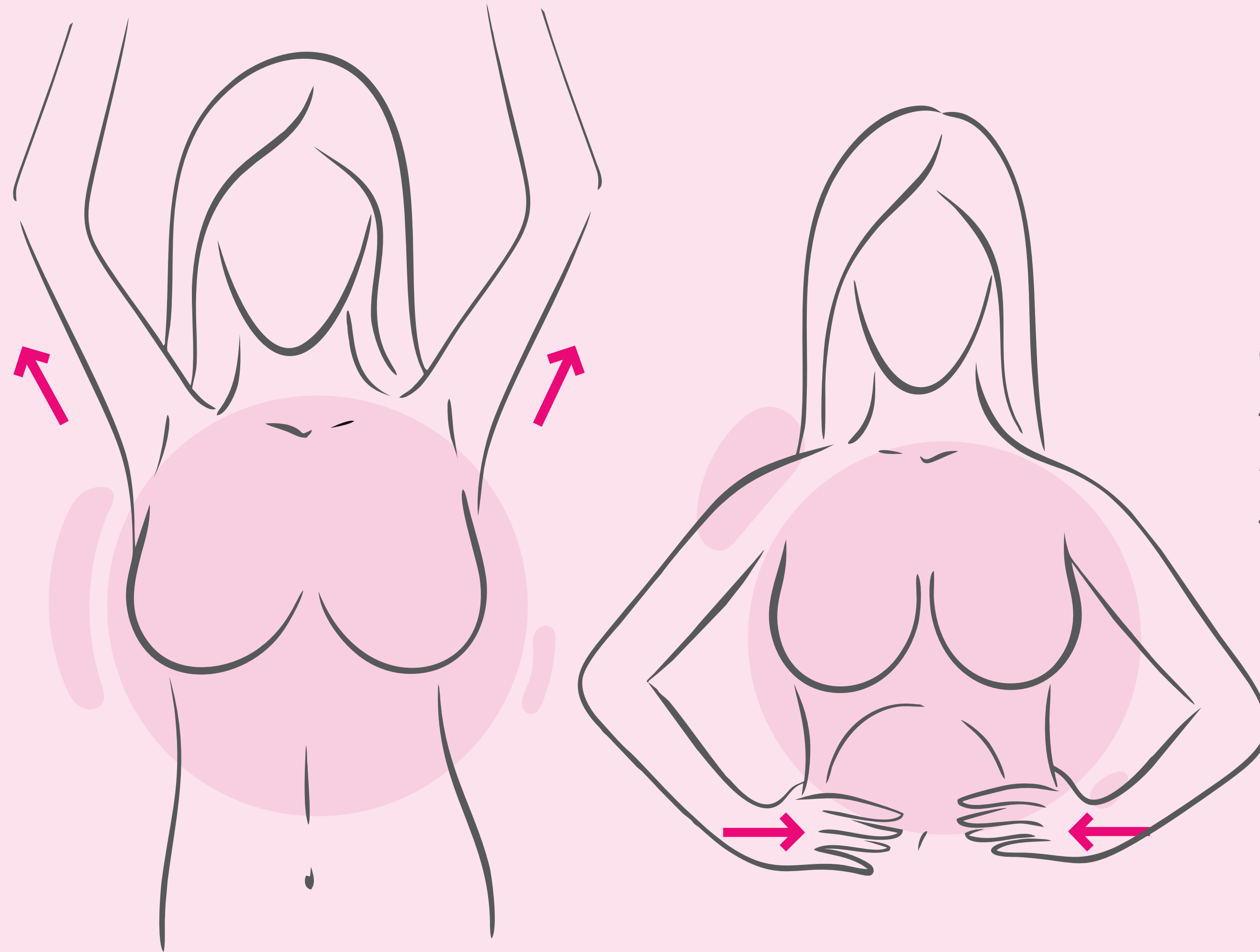
**In addition to annual routine mammograms, it is encouraged to conduct monthly breast self-exams at home using 3 simple steps.**



# Guide to Breast Self-Exam

## Step 1

**Examine your breasts with raised arms, then with both hands on your hip bones.**

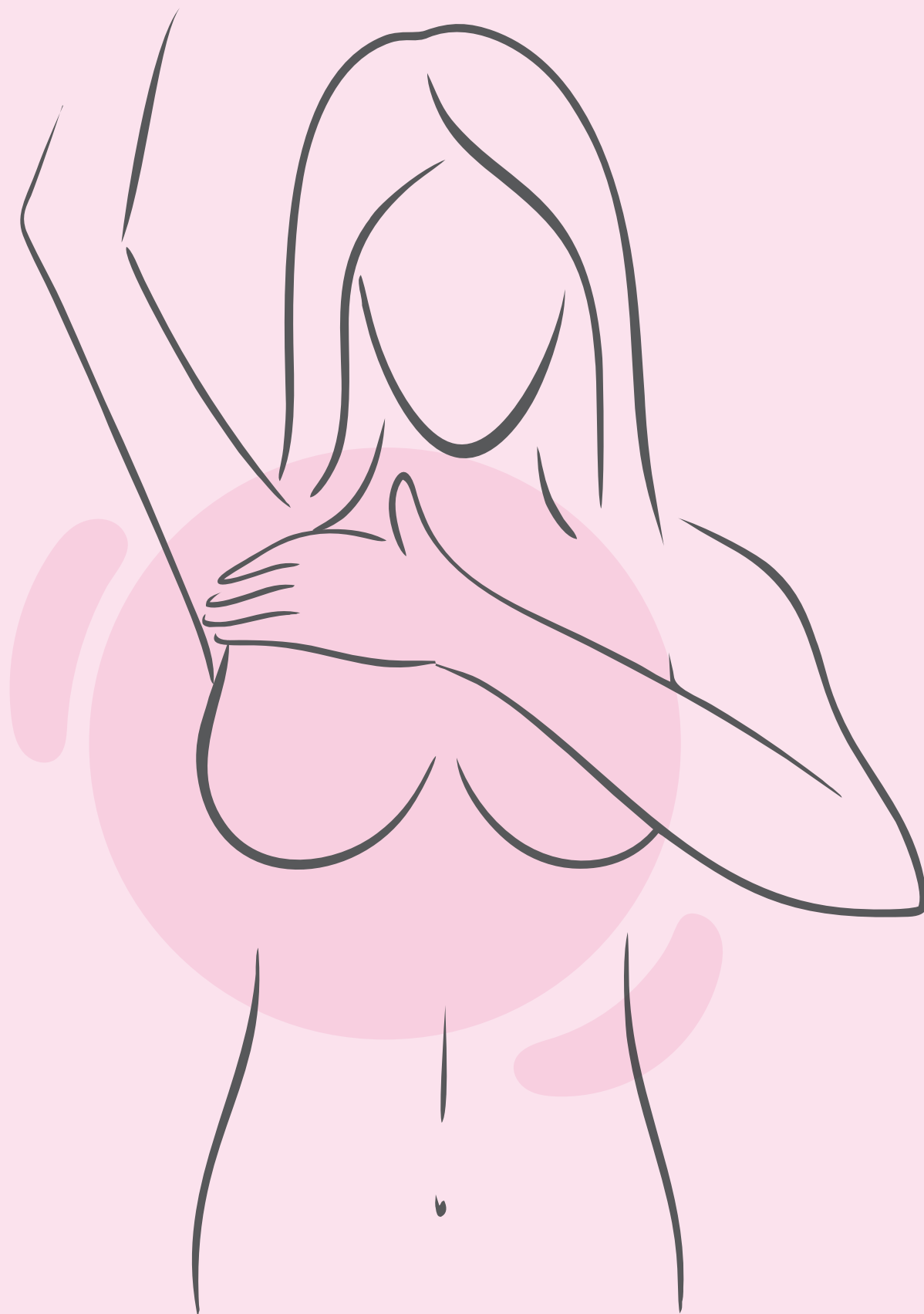


*Look for any physical changes, e.g. lumps or swelling, redness or rash, any changes to shape or position of the nipples.*

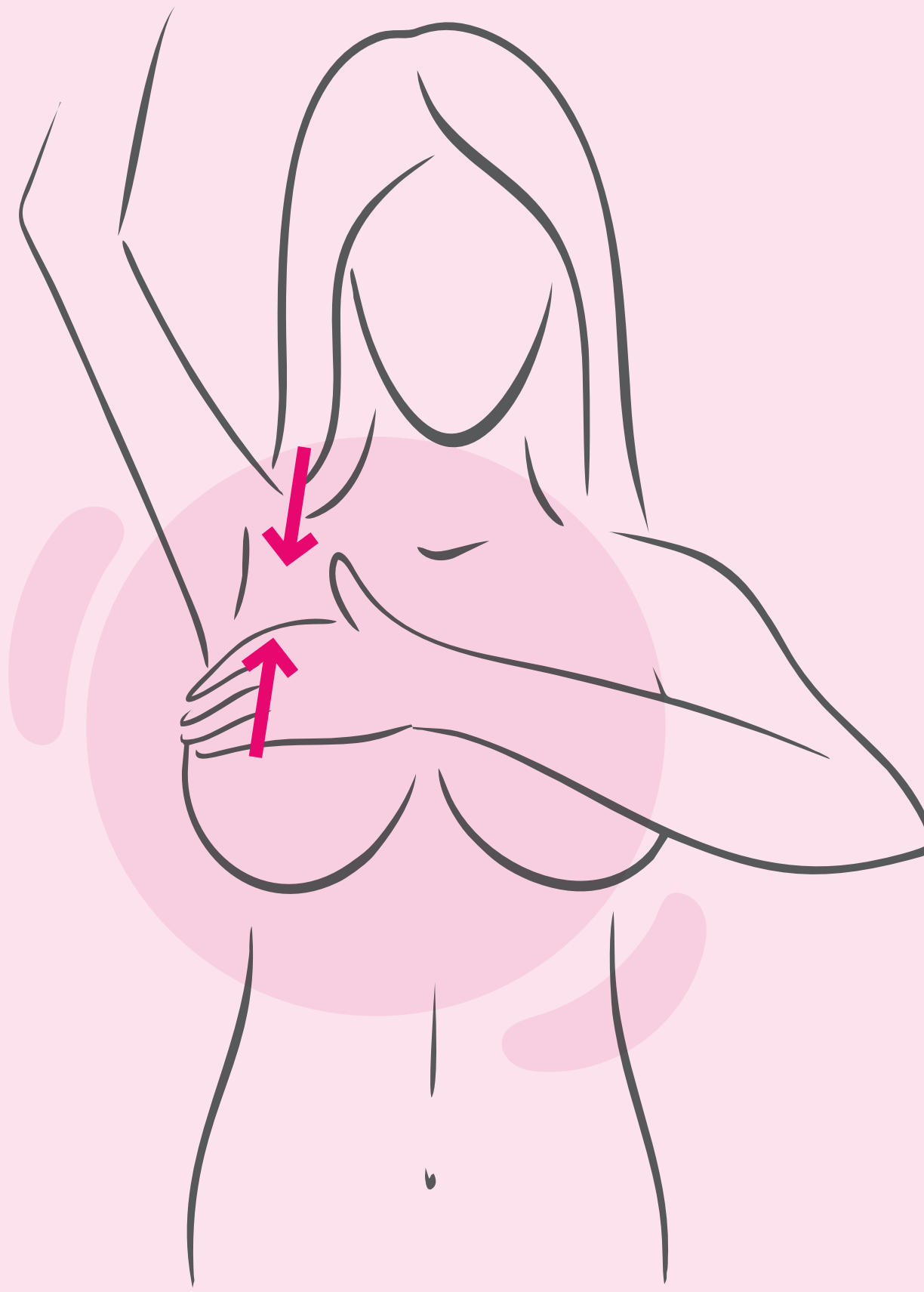
# Guide to Breast Self-Exam

## Step 2

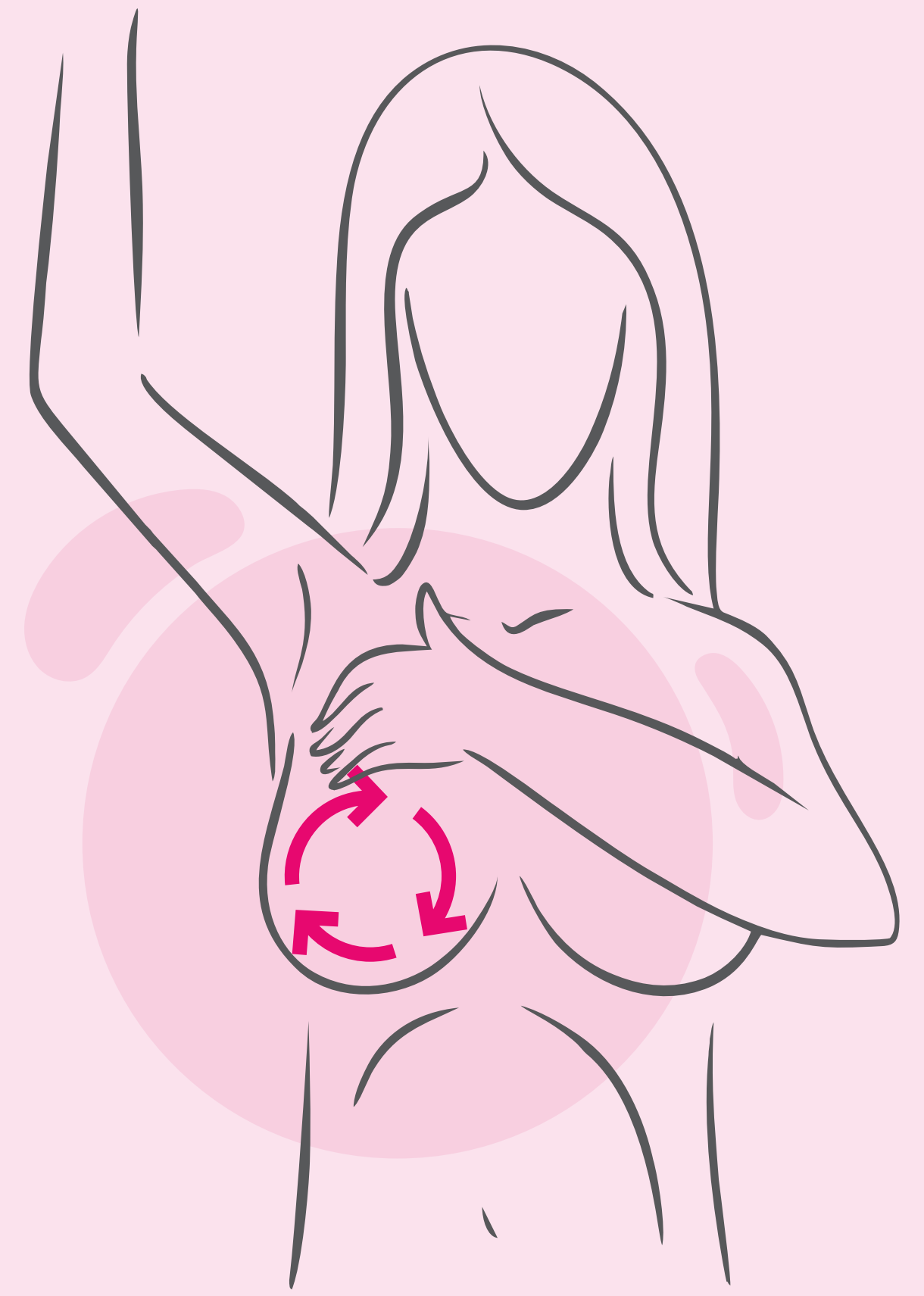
**Use the pads of your fingertips to examine the entire breast using multiple patterns.**



EXAMINE ARMPIT



UP AND DOWN PATTERN

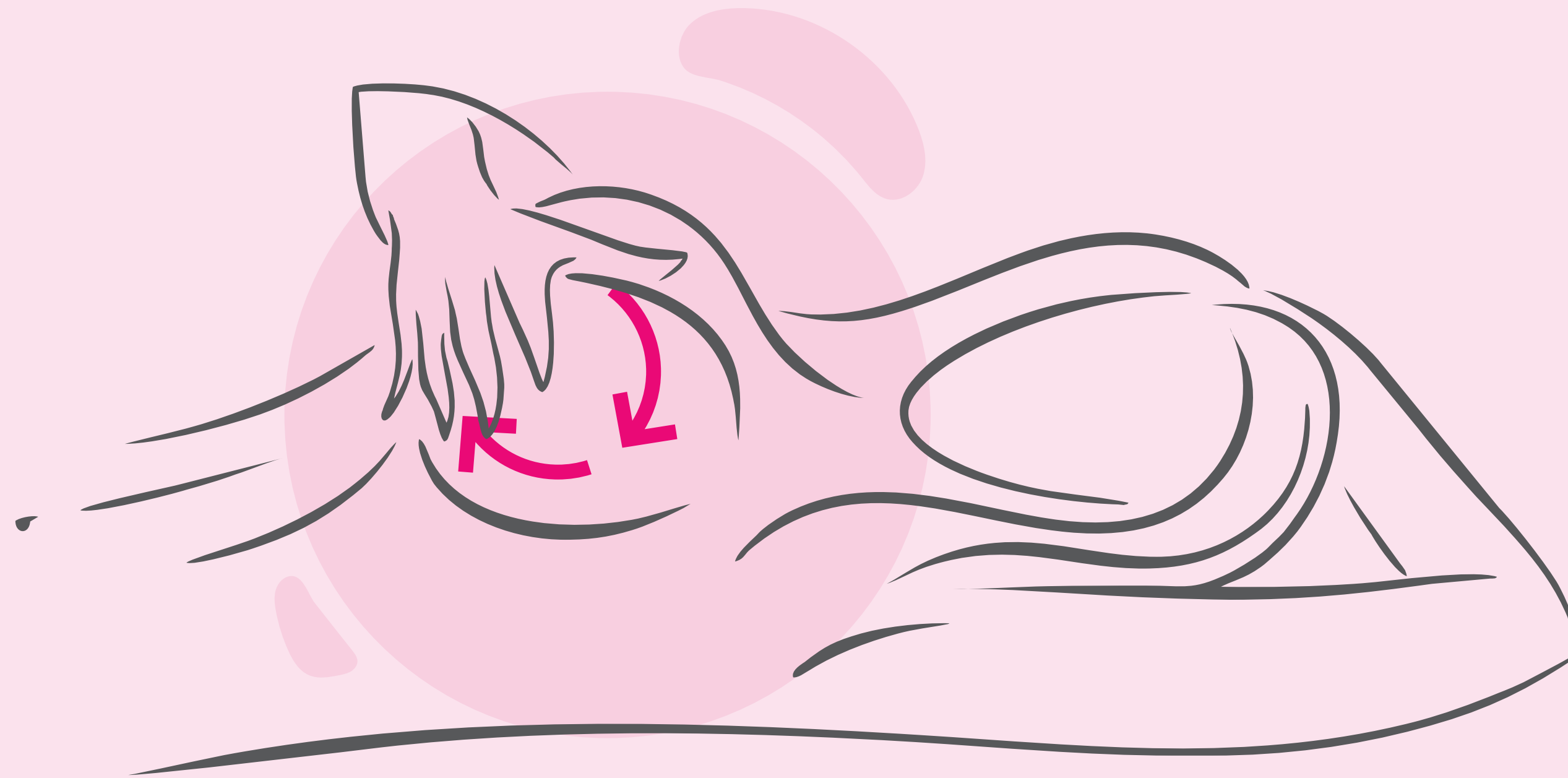


CIRCLES AND WEDGE PATTERN

# Guide to Breast Self-Exam

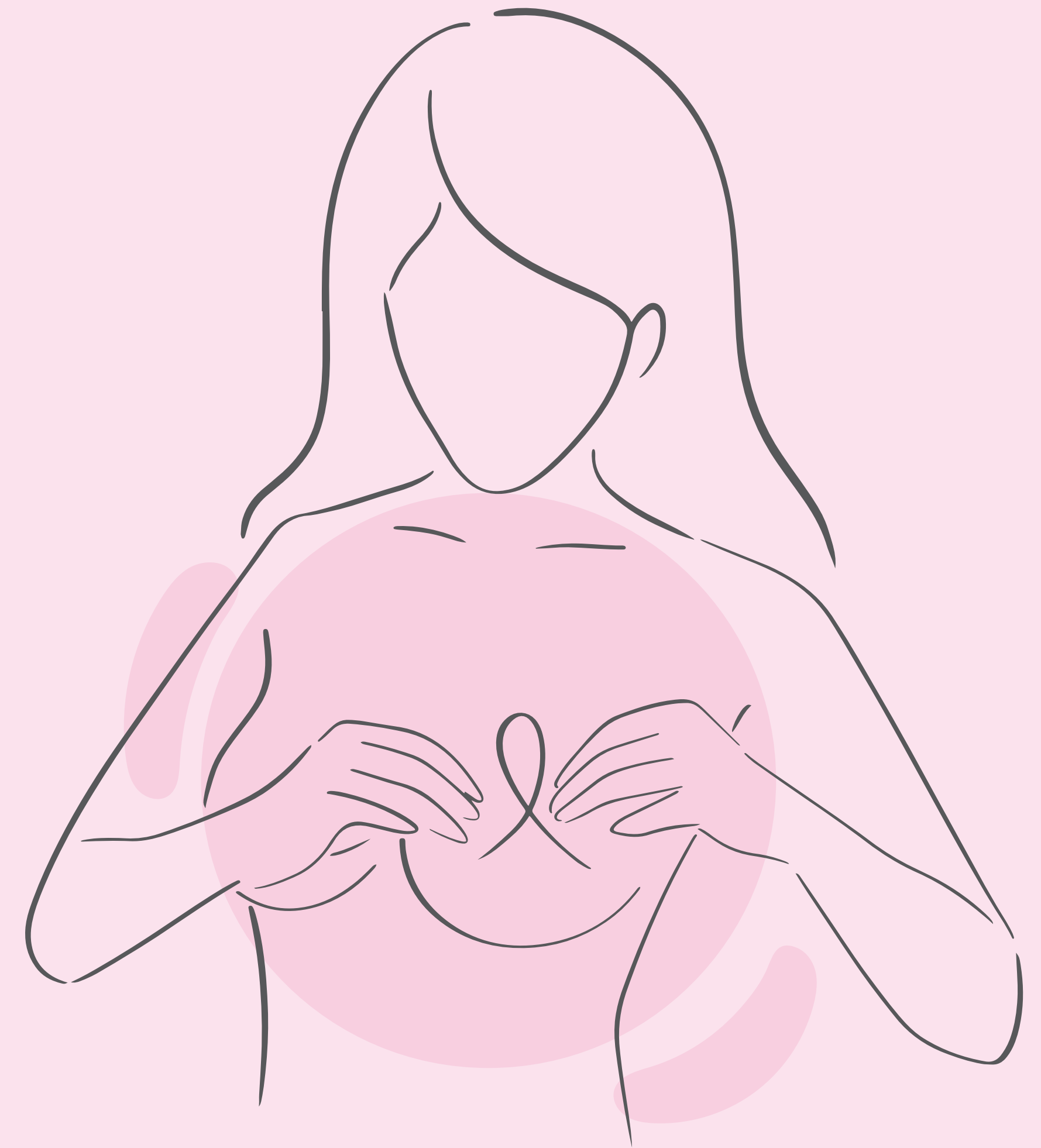
## Step 3

**Lie on your back with a pillow under your shoulder. Repeat examine for both breasts.**



# What to look for during monthly breast self-exams:

- **Breast lump or mass, hard or soft, that may not be painful**
- **Lump or swelling under arm or around collarbone**
- **Skin irritation, dimpling, itching, or swelling of all or part of the breast or nipple**
- **Breast or nipple pain, or nipple turning inward**
- **Redness, scaliness, or thickening of nipple or breast skin**
- **Nipple discharge other than breast milk**



# Mammograms Save Lives

For most women, mammography is the best way to find breast cancer at an early stage, when treatment is typically most successful.

Women age 40+, or those with a family history of breast cancer, are encouraged to get a mammogram annually.



Mammos done with

# ease & comfort

- ✓ Optimized design for increased patient comfort.
- ✓ Exceptional image quality for diagnostic accuracy.
- ✓ Lowest radiation of all FDA approved systems.
- ✓ For women by women.

## Request Appointment

Women 40+ scan the QR Code to request your 3D Screening Mammo with CBCC Breast Health Center.



# Meet Linda

Linda Valdez has been an imaging technologist for 30 years, with most of her experience directly in mammography. She is passionate about helping patients, and provides a comfortable, painless mammogram experience at the CBCC Breast Health Center.



# Meet David Foulad, MD

Dr. Foulad is a breast surgical oncologist at CBCC. He graduated from the UCLA School of Medicine and completed his residency in General Surgery at Loma Linda University, with a fellowship in Breast Surgical Oncology at Stanford University. Dr. Foulad specializes in Breast Biopsies, Mastectomy, Lumpectomy, Oncoplastic Surgery, benign breast diseases, and much more



# 10.22.24

Hear from the experts! CBCC Breast Surgical Oncologist, Dr. David Foulad, MD and other industry leaders will discuss preventative breast cancer care, new technologies and advancements, and more at our Pink Table Talk. Join us for important dialogue, Q&A, and refreshments in the CBCC main lobby or tune-in online on Facebook and Instagram Live!



# Thank You!