



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Breast Awareness

Shruti Yarra, M.D., OB-GYN with Med Center Health Women's Health Specialists

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Other than skin cancer, breast cancer is the most common cancer among American women. Each year in the United States, about 264,000 women get breast cancer, and 42,000 women die from the disease. According to the American Cancer Society, when breast cancer is detected early, the 5-year relative survival rate is 99%. It's important for early detection to be familiar with your own breasts. The key to breast self-awareness is knowing how your breasts normally look and feel. This helps you to notice any changes.

[DR YARRA]

We recommend it ideally every month one week after she begins her periods. One step is visual inspection and the other step is touching gently, making sure all quadrants are covered and seeing how it feels.

[NARRATOR]

Breast self-awareness is knowing what's normal for your breasts. That way you can notice even small changes. If you see any changes, report them to your healthcare provider right away.

[DR YARRA]

So, I would thoroughly encourage all women to have their annual exams regularly no matter what your age is, and especially if you're 40 and about to get annual mammogram done. It's just a short and simple thing and it can have a profound effect on somebody's life.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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