

Seven Unique Programs

Breast Screening

Early detections saves lives and EVERY WOMAN™ is entitled to proper medical care. UBCF offers free or low-cost breast screenings – covering all forms of technology.

Breast Reconstruction

Reconstructive surgery can help a woman feel whole, both physically and emotionally. UBCF provides financial assistance making this option a reality.

Holistic Care

UBCF believes it is critical that a patient be treated as a whole person. UBCF offers assistance with holistic and complimentary therapies.

Individual Grant

UBCF provides customized financial support for each client based on personal needs.

Community Service Program

UBCF supports your community by increasing awareness of breast health through education campaigns, distribution of gift-in-kind donations & partnering with other charitable organizations.

Audrey B. Mastroianni College Scholarship

A scholarship for college-bound students who have suffered the loss of a parent due to breast cancer.

Child Sponsorship

Children directly impacted by breast cancer receive support with counseling services, healthy food, back-to-school items & holiday gifts.

All program applications available on-line

United Breast Cancer Foundation

Is an IRS-recognized tax exempt 501(c)(3) organization (Tax ID 11-3571208) headquartered at P.O. Box 2421, Huntington, NY 11743, 1-877-UBC-4CURE by phone.

Donations are tax deductible as allowed by law.

UBCF'S mission is to make a positive difference in the lives of those affected by breast cancer. We aid in providing screening, treatment, after-care, educational material, patient and family assistance and information.

UBCF provides grants to hospitals and community health centers to benefit patients and families coping with breast cancer.

We strive to alleviate the stress and strain that cancer can cause to patients and families and to foster health and well-being through both traditional and holistic treatments by never denying anyone service regardless of age, race, gender or income.

The United Breast Cancer Foundation

P.O. Box 2421
Huntington, NY 11743

1-877-UBC-4CURE
CFC #77934



www.ubcf.org

Combined Federal Campaign #77934

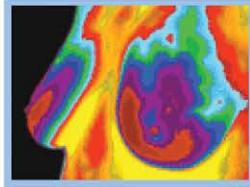
“Drive Out Breast Cancer!”

Donate your car today. Fast, easy & tax-deductible.
1-888-433-6207

EVERY WOMAN®

Breast Screening Options

Screening and early detection of breast cancer is not as straightforward as it may seem. There are several options available for screening:



Self Breast Exam (SBE) is done to examine your own breasts for lumps or abnormalities. It is important not to have fear and be looking for cancer, but to approach it in a self nurturing manner to assess breast health.

Clinical Breast Exam is performed by a doctor or health professional to feel the breasts and underarms for lumps or abnormalities. The clinical breast exam is frequently less than 65% sensitive, meaning that 35% of cancers could be missed.

Mammography is an x-ray of the breast used to find tumors that are too small to feel. Accuracy depends on size of the tumor, density of breast tissue and the skill of the radiologist. Mammography is 80% sensitive, meaning 20% of cancers are missed in women over age 50, 40% are missed in women less than 50 years old.

Ultrasound (Sonography) uses high-frequency sound waves to look inside the breast. You are not exposed to radiation during this test. Ultrasound is used when an abnormality is found in a breast exam or mammogram to help determine the properties of a mass. Ultrasound is 83% sensitive, meaning that 17% of cancers are missed.

Magnetic Resonance Imaging (MRI) uses magnets and radio waves to produce very detailed, cross-sectional images of the body. MRI is increasingly being used because it is more sensitive than mammography. MRI's are used for screening in women with a high genetic risk and when abnormalities are found in other screening options.

Breast Thermography, approved by the FDA in 1982, uses infrared sensors to detect heat and increased blood flow around abnormal tissue. An abnormal thermogram indicates a future risk of breast cancer. It is noninvasive, is the earliest detection, and is highly dependent on an experienced technician.

Glossary of Breast Cancer Terms

**Adapted from the National Cancer Institute. For a complete list of terms and definitions please visit our website, www.ubcf.org.*

Benign: Not cancerous; cannot invade neighboring tissues.

Biopsy: The removal of a sample of tissue or cells for examination under a microscope for purposes of diagnosis.

Breast Density: Glandular tissue in the breast common in younger women, making it difficult for mammography to detect breast cancer.

Cancer: A general name for when abnormal cells grow out of control.

Cyst: Fluid-filled sac. Most breast cysts are benign.

Fine needle aspiration: The use of a slender needle to remove fluid from a cyst or clusters of cells from a solid lump.

Invasive Cancer: Cancer that has spread to nearby tissue, lymph nodes under the arm, or other parts of the body. (Same as Infiltrating cancer.)

Lumpectomy: Surgery to remove only the cancerous breast lump; usually followed by radiation therapy.

Malignancy: State of being cancerous.

Mastectomy: Surgery to remove the breast or as much of the breast as possible.

Radiation: Energy carried by waves or by streams of particles used to diagnose and treat disease.

Male Breast Cancer

Did you know? While rare, male breast tissue can develop breast cancer. Facts:

- About 2,550 men will be diagnosed this year and 480 will pass away
- Male breast cancer is often detected as a hard lump beneath the nipple and areola

Risk factors include:

- Age
- Family History & BRCA2 gene
- Overweight or obesity

UBCF's programs are open to woman *AND* men!

Self-Breast Exam

In The Shower

Fingers flat, move gently over every part of the breast. Check for any lump, hard knot, or thickening.

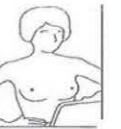


In The Mirror

Inspect your breasts with your arms at your sides. Next, raise your arms high overhead and look for any changes in contour of each breast; a swelling, dimpling of skin, or changes in the nipple.



Then, rest palms on hips and press down firmly to flex your chest muscles. Left and right breast will not match exactly; few women's breasts do. Regular inspection shows what is normal for you and will give you confidence in your examination.



Lying Down

To examine your right breast, put a pillow or folded towel under your right shoulder. Place your right hand behind your head; this distributes breast tissue more evenly on the chest.



With your left hand, fingers flat, press gently in small circular motions around an imaginary clock face.

Begin at outermost top of your right breast for 12 o'clock, then move to One o'clock, and so on around the circle back to 12. A ridge of firm tissue in the lower curve of each breast is normal. Then move inward an inch, toward the nipple. Keep circling to examine every part of your breast including nipple. This requires at least three more circles. Now slowly repeat the procedure on your left breast with a pillow under your left shoulder and left hand behind head. Notice how your breast structure feels.



Finally, squeeze the nipple of each breast gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.



Nearly 1 in 8 Women will be diagnosed with Breast Cancer...

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