



Ibn Sina Community Medical Center

Partners in Promoting Community Health



October is National Breast Cancer Awareness month; a time to rededicate our commitment to lessen the impact of the most common cancer affecting women. After lung cancer, breast cancer is the second leading cause of death for women in the United States. Currently there are 2.8 million breast cancer survivors in the U.S. A woman in the United States has 1 in 8 chance of developing invasive breast cancer in her lifetime. Nevertheless, 232,340 new cases of invasive breast cancer and additional 64,640 non-invasive form of breast cancer (carcinoma in situ) are expected to be diagnosed this year. However, early screening, diagnosis and treatment reduce risk and increase chances of survival.

Ibn Sina Community Medical Centers in collaboration with the Rose, offer early Clinical Breast Cancer Screening and Mammogram for uninsured, underserved and low income women through its four convenient locations:

Help us fight against Breast Cancer.

Call and make your appointment for mammogram today

For further information about the screening,

Call us now to clinics conveniently located to you.

- | | |
|--|---------------------------|
| Ibn Sina Community Clinic: 11226 South Wilcrest Drive, Houston TX 77099 | Phone 281-977-7462 |
| Ibn Sina Community Clinic: 16345 South Post Oak Road, Houston TX 77053 | Phone 281-438-7462 |
| Ibn Sina Community Clinic: 15132 Old Galveston Road, Houston TX77598 | Phone 281-990-7462 |
| Ibn Sina Community Clinic: 8599 9th Avenue. Port Arthur, TX 77642 | Phone 409-724-7462 |



e mail:info@ibnsinafoundation.org – www.ibnsinafoundation.org

*High Quality Health Care at Very Low or No Cost to You,
call clinic for details*



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Keys to Breast Self-Awareness

After your menstrual cycle check for any change in the normal look or feel of your breasts. Report changes to your doctor.

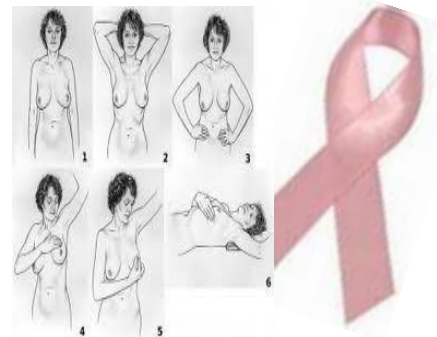
Look

In front of a mirror; look for changes in the shape, size or appearance of your breasts.

Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal.

Inspect your breasts in four steps:

- 1. Hold arms at your sides**
- 2. Hold arms over your head**
- 3. Press your hands on your hips to tighten chest muscles**
- 4. Bend forward with your hands on your hip**



Feel

while lying down; feel for a hard lump, thickening or any changes in your breast tissue.

Use the pads of the three middle fingers on your left hand to examine your right breast.

Press using light, medium and firm pressure in a circular motion. Follow an up and down pattern.

Feel for changes in your breast, above and below your collarbone and in your armpit area.

Repeat on your other side

Repeat while bathing or showering using soapy hand

Our Partners in Promoting Women's Health



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