 Feel Your Boobies
PO Box 41

Middletown, PA 17057
info@feelyourboobies.com
www.feelyourboobies.com

Feel Your Boobies focuses on creating cool products to raise awareness and educate women, primarily those under 40, about the importance of breast self-exams and to get people talking about breast cancer and breast self-exams.

Initial Discovery and Diagnosis of Breast Cancer
(WomenStories, 1999, free online or available on VHS for \$5.00)
www.womenstories.org or (800) 775-5790


This video tells the stories of how several women learned about their breast cancer and started their journeys to become survivors. You will see that no two people react exactly the same way to breast cancer; every woman's response is different but valid for her. Two of seven of the women featured in this video were under age 40 when diagnosed.

Understanding Breast Changes: A Health Guide for Women
(National Cancer Institute, 2004)
www.cancer.gov or (800) 4-CANCER

This booklet provides information on the most common types of breast changes, explains routine tests used to determine the cause of breast changes and has an overview of the many breast changes that are not caused by breast cancer.

What you Need to Know About Breast Cancer
(National Cancer Institute, 2005)
www.cancer.gov or (800) 4-CANCER

This comprehensive booklet discusses symptoms, diagnosis, treatment, emotional issues, and questions to ask the doctor. Includes glossary of terms and other resources.

 YSC's Position Statement on Breast Self Examination (BSE) and Early Detection
www.youngsurvival.org/programs/healthy-outreach/bse-statement or (877) YSC-1011

In response to inquiries from the YSC community regarding Breast Self Examination (BSE) and early detection and in light of research studies on BSE, the YSC developed a position statement on breast self examination. The goal is to educate YSC constituents and young women on BSE and early detection so they make informed healthcare decisions.

Biopsies

For Women Facing a Breast Biopsy
(American Cancer Society, 2005)

This booklet offers information about benign breast conditions, different types of biopsies, and breast cancer. It also gives information on coping with concerns and fears and offers guidance on finding emotional support.

How to find a breast specialist

The YSC recommends selecting a board-certified surgical breast specialist or surgical oncologist to perform definitive surgery once breast cancer has been confirmed by biopsy. If minimally-invasive biopsy methods are appropriate, they should be performed by a board-certified surgeon or a radiologist experienced in this procedure.

In most cases, a confirmed diagnosis of breast cancer should not be considered a medical emergency that must be treated immediately, although surgical treatment within a few weeks from diagnosis is recommended. It is essential that you feel comfortable with the doctor who is in charge of your care. Do not hesitate to consult with other physicians for a second or even third opinion until you locate a specialist whose experience, training, hospital affiliation and general approach you are satisfied with. When evaluating a physician, it is important to ask if the doctor has experience treating your type of breast cancer, how many procedures she or he has done, and how many people she or he has treated for breast cancer.

To find a breast specialist:

- Ask your family doctor or gynecologist for a referral. Family, friends and clergy may also be able to offer you suggestions of local specialists.
- Contact the American Society of Clinical Oncology, (888) 651-3038 or www.asco.org; the Society for Surgical Oncology, (847) 427-1400 or www.surgonc.org; or the American Medical Association, (800) 621-8335 or www.ama-assn.org to be referred to local specialists who are members. The American Board of Medical Specialties, (866) ASK-ABMS or www.abms.org, can verify a physician's board certification by specialty and year, and will refer callers to local board-certified doctors who are members.
- The National Cancer Institute's Cancer Information Service Physician Data Query (PDQ) contains a directory of physicians whose practices center on cancer treatment and this list can be accessed by contacting the NCI at (800) 4-CANCER
- Contact an NCI-affiliated treatment center in your state (see listing, online at www3.cancer.gov/cancercenters/centerslist.html). If none of these centers are conveniently located, call the Department of Surgery at the nearest one to ask for a local referral.
- For referrals to a plastic surgeon for corrective or reconstructive procedures, contact the American Society of Plastic Surgeons, (888) 4-PLASTIC or www.plasticsurgery.org, for a list of local board-certified plastic surgeons.

Visit your State's Department of Health "Consumer Information" section of their website for an updated, alphabetical listing of state physicians who have been cited for professional misconduct.

(Revised January 2007, YSC - This information was originally developed and published by the National Alliance of Breast Cancer Organizations (NABCO) and made available by agreement with NABCO prior to its closing in June 2004.)

Pathology

Your Guide to the Breast Cancer Pathology Report

(breastcancer.org, 2002)

www.breastcancer.org/pathology_intro.html

This guide is meant to help a patient understand what her pathology report means by breaking down the sections of the report as well as defining medical terms. Also available in Spanish.