

Breast self-checks 101

SOT

Heather Chambers, OSF HealthCare breast health navigator

"A lot of women, especially younger women, have very dense breasts. Sometimes it feels like a bag of rice with little bumps. That's just the tissue. When you feel a hard nodule, fixed in place or sometimes mobile, you definitely want to get that reviewed." (:21)

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Heather Chambers, OSF HealthCare breast health navigator

"Your lymphatic system drains to armpits. So, if there's anything going on in the breast, it's going to show up in your armpit eventually." (:07)

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Heather Chambers, OSF HealthCare breast health navigator

"When you go to the doctor, they can look at the picture. If the abnormality has changed or gone back to normal, then we know it's nothing to really worry about. But if the issue has increased in size or looks worse, it's something to be concerned about." (:17)

SOT

Heather Chambers, OSF HealthCare breast health navigator

"If you go to the emergency department with a lump, they're going to send you home, and you're going to have to go through the process of calling your provider." (:04)

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Heather Chambers, OSF HealthCare breast health navigator

"Breast cancer is not going to change that drastically in three to four weeks. It's not going to make that big of a difference. However, you want to get yourself scheduled and be proactive. Don't say 'Oh let me watch it for a few months and see if it changes.'" (:18)

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Heather Chambers, OSF HealthCare breast health navigator

"Typically, we do a mammogram every year to get the breast image. But *during* the year, things can develop that you don't notice. Some things can develop very quickly." (:09)