

**Your team at Lane OBGYN
is here to answer any
questions you have about
your breast health.**



Joshua Best, M.D.

- Board Certification: Obstetrics and Gynecology
- Medical Education: Louisiana State University School of Medicine
- Residency: Louisiana State University Health Sciences Center



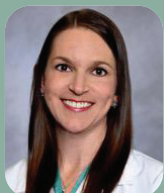
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- Certification: Family Nurse Practitioner

Symptoms of Breast Cancer

Symptoms of breast cancer vary greatly. It's possible to have cancer with no symptoms. It's also possible that a symptom has another cause and isn't from cancer. If you do have cancer, early detection is important. See your doctor if you notice any of the following:

- A lump or mass in a breast
- A lump, swelling or thickening in or near a breast or under your arm
- Dimpling or puckering of skin on a breast
- A nipple pulled to one side, pulled inward or inverted
- Red or scaly skin on a breast
- Orange peel texture on breast skin
- Change in breast size or shape
- New asymmetry of the breasts
- Nipple discharge
- Newly visible vein on the breast

**Call 225-658-1303 or visit
LaneRMC.org to schedule an
appointment today.**

Hours

Monday - Friday, 8am - 5pm



**Lane
OB/GYN**

Care You Can Count On

6550 Main Street, Suite 2000
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LaneRMC.org



BREAST CANCER GUIDE



**Lane Regional
Medical Center**

Care You Can Count On

The Best Protection is Early Detection



Mammograms Save Lives

Get the greatest control over your breast health by scheduling yearly mammograms starting at age 40. Talk to your doctor at Lane OB/GYN to learn if your personal risk for breast cancer means you should start getting tested earlier. The test takes only minutes and could save your life.

Call 225-658-4550 to schedule your mammogram today.

Breast cancer is the most common cancer in women behind skin cancer. Early detection and treatment is key to fighting breast cancer.

You can count on Lane OB/GYN specialists for the medical testing you need to protect your health.

Breast Cancer Prevention & Screening

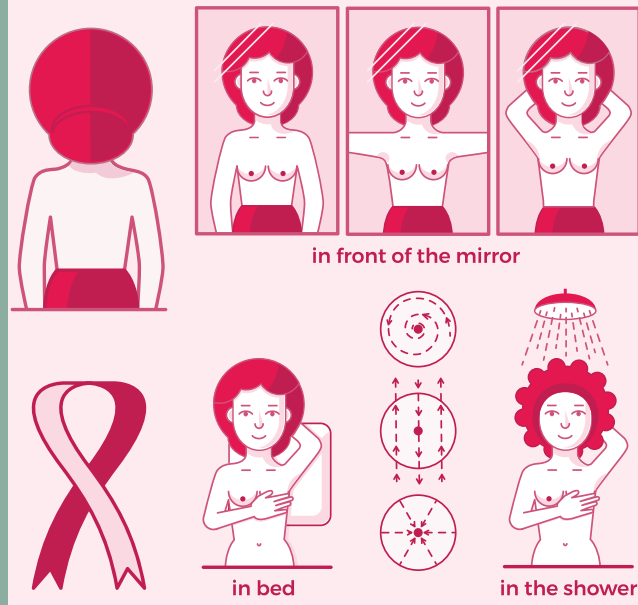
Starting in your 20s, you should conduct monthly breast self-exams to know how your breasts normally look and feel and so you know how to recognize any changes. Report any changes or breast-related symptoms to your doctor right away.

If you have a monthly period, do your self-exam seven days after your period starts. If you don't have a monthly period, choose the same day every month for your self-exam.

Guide to Breast Self-Exam

Put your left hand behind your head. With finger pads of right hand, feel entire left breast and armpit area. Switch arms and repeat exam for right breast.

Self-examination of breast cancer



Clinical Breast Exam

A physical examination of your breast by a doctor or advanced practice provider is a clinical breast exam. The American Cancer Society recommends getting a clinical exam from your primary care provider:

- Every one to three years when you're in your 20s and 30s
- Every year starting at age 40

