

Brigitte Melcher

Certified MammaCare® Instructor
Breast Care Nurse

Preface

MammaCare® is the only systematic breast self examination method for early diagnosis of breast cancer worldwide scientifically developed, verified, and recognized.

MammaCare®'s intention is to teach women how to palpate and distinguish normal and modified structures within their breasts.

The **breast care nurse** serves as link between patients, family members, physician, and anyone participating in the treatment of breast cancer patients.

Why Early Diagnosis

- Every year about 53,000 women come down with breast cancer in Germany alone
- For 19,000 patients, breast cancer is the sentence of death
- Every 8th to 10th woman is affected
- 80% of breast cancer is discovered by women on their own
- This means, that every 9 minutes a woman falls ill with breast cancer and every 28 minutes a woman dies of breast cancer in Germany

Why Self Examination is so important

- Nowadays, the majority of breast cancers is curable upon early diagnosis
- Modifications are perceived much earlier than by physicians, as preventive medical check-ups most often are only once per year
- Self examination is NOT about palpating a lump, but becoming familiar with one's own breast and differentiating between normal and modified structures

Why Self Examination with MammaCare® Method

- MammaCare® is the only systematic breast self examination method worldwide scientifically developed, verified, and recognized.

Objectives of MammaCare® Method

- Systematical breast self examination including code of practice and information about symptoms and anatomy
- Reduction of fears
- Formation of consciousness for a woman's own breasts and body
- Enhanced participation in preventive medical checkups and early diagnosis
- Early detection of breast modifications

This method offers the potential for capacious improvement of women's levels of awareness with respect to early diagnosis of breast cancer independent of their age and regardless of diagnosed diseases. Moreover, it encourages women's autonomous decisions regarding this intimidating and alarming topic and helps them to encounter possible therapeutic determinations with more "knowledge".

So the motto for women of any age should be:

***"Give yourself to
the most familiar
hands you know...
your own"***

Being a certified Breast Care Nurse, I am responsible for the custodial post-operative treatment of breast cancer patients at the breast centre of the clinical centre Mittelbaden – Stadtklinik Baden-Baden.

It is a pleasure for me to consult you as well as your family members.

In cooperation with different health funds as well as based upon my own initiative and in cooperation with the Stadtklinik Baden-Baden I am arranging informative meetings about self examination for early diagnosis of breast cancer and code of practice for breast self examination according to MammaCare® method.

It is a pleasure for me to be at your disposal for further information or registration for MammaCare® presentations, the world's only systematic and scientifically accepted breast self examination method.

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