

# Breast Cancer Screening

## Breast Cancer Screening with Ultrasound this year.

### 【Eligible Person】

Female at the age of 30 and older as of March 31, 2025 who wishes to undergo the screening.

Each municipality in JAPAN organizes a breast cancer screening with mammography and clinical exam once in 2 years for 40s and above under the guidance of Ministry of Health, Labor and Welfare. However, the efficacy of mammography as a breast cancer screening for 30s is not verified yet. As the breast tissue of young women has generally higher density than of older women, it is more difficult to find small lump. Ultrasound is now expected as a new valid breast cancer screening for younger women. Younger women can easily take ultrasound because there is no exposure to radiation, and no painful compression of the breast. Although the efficacy of ultrasound as a breast cancer screening has not been verified, one third of the municipalities including Kyoto-city have already introduced a breast cancer screening with ultrasound for 30s on their own accord.

According to the results of the past questionnaire held in Ritsumeikan University, women in 30s wanted to have a breast cancer screening. Therefore, we decided to perform mammography and ultrasound alternately for every woman over 30s. An mammography is going to be performed this year on campus. As a guideline of Ministry of Health, Labor and Welfare has been changed to "Doesn't recommend clinical exam for a breast cancer screening", we don't perform clinical exam from 2017.

If you wish to have a clinical exam and mammography, please visit a breast cancer specialists. Please feel free to contact us if you need the information about the breast cancer specialists. If you have taken the further examination before, we strongly recommend you to take continuous observation or examination at the same institution because they have your detailed medical history, and it will be useful.

### Schedule

campus	Reception ※Place is subject to change.	Date	Time
Suzaku	1F Multipurpose room	October 31 , November 1 *1st AM Only	AM 9 : 15~11 : 15 PM 12 : 30~4 : 30
Kinugasa	Igakukan multipurpose room 3 (B1F)	November 11~15	
BKC	Core station conference room 4 (3F)	October 21~24 <small>Based on the results of the survey, inspections will not be conducted on the morning of the 25th.</small>	
O I C	Medical Service Center (H 1F)	November 6 ~ 8 *6th PM Only <small>Based on the results of the survey, inspections on the afternoon of the 6th were increased.</small>	

\*If you are unable to take the examination during this period, the University advises faculty and staff members to use breast cancer screening conducted by municipalities or a cancer screening subsidy program offered by the Ritsumeikan Trust. Please check the details of the subsidy program at Jinji WEB, a university website providing personnel-related information.

### How to reserve

You need to reserve on the website. Please see the Medical Service Center website or the board of Faculty and Staff Portal System for details.

### Implementation

1. Reception Fill out the medical questionnaire.
2. You will be asked to remove clothing from your waist up and cover with your bath towel or jacket.
3. A clinical technologist will perform an Ultrasound . The screening will take 15~30minutes.

**Please bring your bath towel or jacket to cover your upper body. We do not prepare the examination gown. Please do not wear a dress.**

**A clinical technologist will perform an Ultrasound. We cannot explain about the result on the examination day.**

### Precaution

Those who are applicable to any of the conditions listed below may not be able to get accurate diagnosis.

- Those who have mammoplasty before or breast implant.
- Those who have a pacemaker
- Those who are a possibility of pregnancy or pregnancy.
- Those who had a cerebrospinal fluid shunt surgery.
- Those who are breastfeeding may not be able to get accurate diagnosis due to breast development.
- ◇ The examining instrument may be pressed hard against the breast. If this hurts, please let the technologist know.
- ◇ If you have been diagnosed with any kind of lesion (cyst, mammary gland disease, fibroadenoma, etc.) in the past, it is recommended that you continue to have your checkup at the same medical institution, since X-ray, palpation, and ultrasound examinations are performed after considering the lesion in advance. The results can be compared with the results of previous examinations.
- ◇ If you would like to have a mammography examination, please consult a medical institution (breast surgery).

The Medical Service Center can also provide you with information on medical institutions.

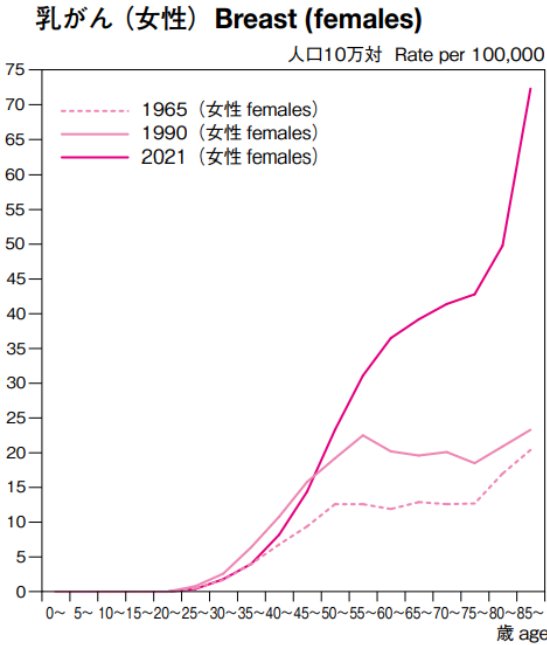
### Screening result

It will be sent directly from the medical institution conducting the screening about 3 weeks later. If you want to change the address printed on the questionnaire form, please let us know on the day of screening.

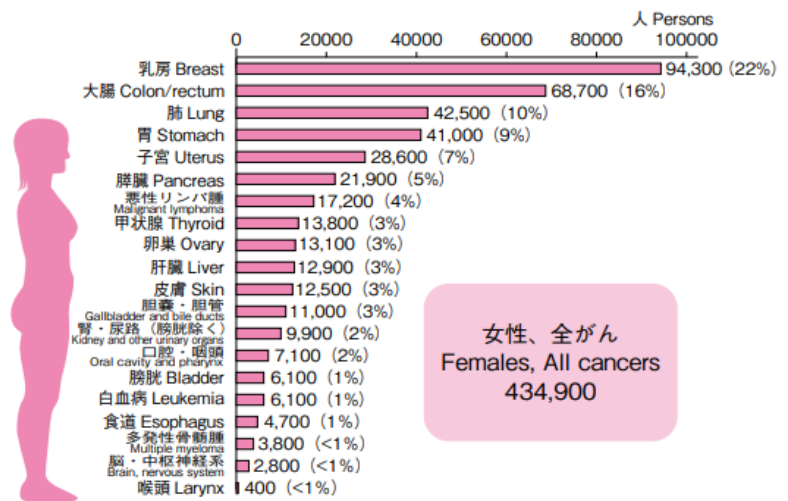
# Statistics of Breast Cancer for JAPAN

The death rate of the breast cancer is the increased tendency compared with before. An increase in mortality rate among females aged 35 years or older was seen. Especially, the increase among ages 50 and above was rapid. The bar graph on the right shows that breast cancer is the most common cancer in Japanese women.

Trends in Age-specific Mortality Rate (1965, 1990, 2021)

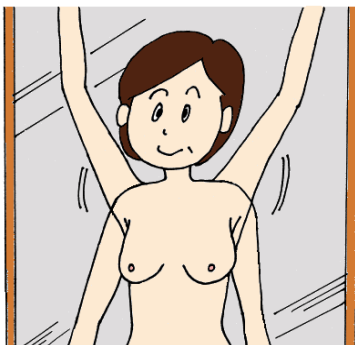


Expected number of cancer incidence by site (2022)

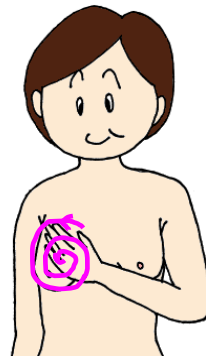


## Breast Self Examination

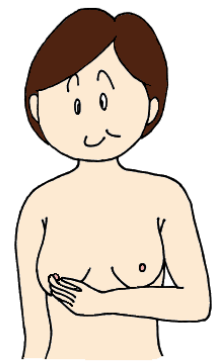
Even though you have breast screening every year, we recommend you a monthly breast self-exam. If you have menstrual periods, you should perform the examination 5 days to 10 days after your period has ended. If you are not menstruating, it should be performed on the same day each month. Below is an example of easy self-examination that you can perform in a bathroom. Start it today.



1. Begin by looking at your breasts in the mirror, look for any changes in size, shape, or position of your breast and any skin puckering, dimpling.



2. It is helpful to have your hands slippery with soap and water. Check for any lumps or thickening. Use a circular pattern inward.



3. Check for the same changes in your under arm area. At the end, pinch your nipples and check for discharge.