



My HealthVet's Breast Cancer Center

The **Breast Cancer Center** is for everyone, including breast cancer patients, survivors, family members, and friends. It is for anyone that wants to learn more about the disease and what to do to promote breast health. The Breast Cancer Center is located on My HealthVet, VA's online Personal Health Record at www.myhealth.va.gov. The Center is designed to help Veterans, family members, and their health care teams by providing education, resources, and information about research.

The Breast Cancer Center offers:

- Education on breast cancer and breast cancer treatment options
- Information on how to recognize symptoms and risk factors
- Steps to reduce your risk for breast cancer
- Guidance on healthy lifestyle habits and how to adopt them in your everyday life
- Types of diagnostic tests, such as mammograms, ultrasounds, and breast biopsies

How to find the My HealthVet Breast Cancer Center

Log onto My HealthVet at www.myhealth.va.gov

- ★ Click "Go to My HealthVet, Enter Here" button
- ★ Click **Research Health**
- ★ Click **Diseases and Conditions Centers**
- ★ Click **Breast Cancer Center**

Log onto www.myhealth.va.gov to find out more about the new **Breast Cancer Center**

www.myhealth.va.gov

General Information provides an overview of breast cancer. It can help you better understand and manage the effects of breast cancer. This includes symptoms of breast cancer, causes and risk factors, how breast cancer is diagnosed, and treatment options.

Self-Management provides you with various tools to determine breast cancer risk and actions that can be taken. Coping skills provide helpful insights for those diagnosed with breast cancer.

Success Stories about cancer survivorship offer personal accounts of how others have dealt with breast cancer. You can read about personal journeys.

Caregiver Information provides useful information to caregivers. This includes tips on coping and avoiding burnout.

Seeking Advanced Information has advanced information about breast cancer including research and clinical trials. This section links to a **Breast Cancer Survivor Newsletter** that features information on topics related to breast cancer.

Related Topics encourages you to partner with your health care provider when considering complementary or alternative medicine. These may affect your treatment.



Veterans Health Administration
Office of Health Information