

Our locations

Legacy Breast Health Center–Good Samaritan

Good Samaritan Building 2, lower level
 1040 N.W. 22nd Ave.
 Portland, OR 97210
 Phone: 503-413-8114

Legacy Breast Health Center–Meridian Park

19300 S.W. 65th Ave.
 Tualatin, OR 97062
 Phone: 503-413-7800

Legacy Breast Health Center–Mount Hood

Medical Office Building 3, Suite 100
 24988 S.E. Stark St.
 Gresham, OR 97030
 Phone: 503-413-7800

Legacy Breast Health Center–Salmon Creek

Medical Office Building B, Suite 150
 2101 N.E. 139th St., Suite 150
 Vancouver, WA 98686
 Phone: 360-487-1800

Where you're screened matters



Legacy Good Samaritan and Meridian Park Breast Health Centers received accreditation for excellence in the care of patients with breast cancer and benign breast disease from The American College of Surgeons' National Accreditation Program for Breast Centers (NAPBC).



All Legacy Breast Health Centers are designated Breast Imaging Centers of Excellence by the American College of Radiology. To achieve this distinction, a facility's imaging services must be fully ACR-accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

**Know the facts,
 get peace of mind**



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Legacy Health

Legacy Breast Health Centers

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www.legacyhealth.org/breasthealth



EMANUEL Medical Center	GOOD SAMARITAN Medical Center	MERIDIAN PARK Medical Center
MOUNT HOOD Medical Center	SALMON CREEK Medical Center	RANDALL CHILDREN'S HOSPITAL Legacy Emanuel
LEGACY MEDICAL GROUP	LEGACY LABORATORY	LEGACY RESEARCH
		LEGACY HOSPICE

The facts about breast lumps

Knowing the facts about breast lumps can give you peace of mind. A lump in your breast does not always mean that you have breast cancer. It could be benign or non-cancerous. It's important to do regular at-home breast exams. If you notice a lump or change of any kind in your breasts, please have it checked.



Causes of breast lumps

Breast lumps can be the result of:

- Normal tissue — Breast tissue is made up of glands, fibers and fat. These can cause a lumpy feeling.
- Cysts — These are masses of fluid. They are common and are rarely cancerous.
- Infection — Your breasts can become infected by breastfeeding. These lumps may be painful. If caught early, you can treat them with antibiotics. Infection can also result from abscesses. These can be treated by draining them.
- Trauma — If you have injured your breasts, you could form a hematoma. This happens from blood vessels rupturing. Trauma can also harm fat cells. Breast conditions caused from trauma are usually not cancerous.
- Fibrocystic breast change — This is common and not cancer. These lumps are round and smooth. They are not connected to breast tissue. More than half of women will experience fibrocystic breast change at some time. They can make it hard for a doctor to see breast cancer because they make breasts more dense. Make sure you tell your doctor if you feel these lumps
- Fibroadenomas — These are normal tissue. They are solid. If these lumps get bigger, they may need to be removed.



When to get checked

If you are concerned about any change in your breasts, get checked. Legacy Health recommends having a mammogram every year after age 40. Legacy's Breast Health Centers are private and comfortable. Parking is easy. Our caring staff will guide you through your screening, and you will get your results quickly.

We also offer:

- 3-D mammography, which reveals more, so more cancers are caught earlier
- Ultrasound
- Breast MRI
- Breast Specific Gamma Imaging (BSGI) at Legacy Good Samaritan
- Genetics counseling and testing