

Planned Parenthood to offer free breast exams Friday

By **Nadia Sorocka**

SEPTEMBER 26, 2012

Early detection of **breast cancer** is one of the keys to a better success rate in curing the disease, something survivor Leslie McMichael, 51, and the staff at Planned Parenthood of South Florida and the Treasure Coast know all too well. Planned Parenthood's **Wellington** Health Center is offering free clinical breast exams Friday for patients of all ages and income to kick off **National Breast Cancer Awareness Month**.

It was a clinical breast exam and referral from one of Planned Parenthood's advanced registered nurse practitioners that McMichael credits for saving her life.

"I was about five months late getting my mammogram. I knew if I went back to my doctor I would have to jump through hoops to get another mammogram scheduled," McMichael said. "So instead I went to Planned Parenthood in **Boca Raton**. They scheduled the mammogram, I went and it came back clear."

But, this is where Planned Parenthood's attention to detail comes into play.

"I was feeling pain in my breast and underarm. The ARNP gave me a clinical breast exam to follow up on the mammogram," she said. "The pain was so bad during the exam," she said. "The ARNP knew something was wrong. She sent me to see a breast specialist."

McMichael found out that she did have ductal breast cancer. She was able to quickly receive the care she needed and is now cancer free.

"Planned Parenthood goes above and beyond in treatment," said Kathi Eppler, an advanced registered nurse practitioner at the **Wellington** office. "We refer patients to mammograms, ultrasounds and breast specialists. We always err on the side of caution when dealing with each case."

Judith Selzer, Planned Parenthood's vice president of public policy and communication, said that the ARNPs work to educate patients not just treat them.

Planned Parenthood's Free Breast Exam Day will take place from 1 to 4 p.m. Friday at the new **Wellington** Health Center, 10111 Forest Hill Blvd, Suite 340. Patients can make an appointment for a clinical breast exam where an ARNP will exam the breast and provide any referrals if necessary.

"With the clinical breast exam the ARNP will feel deep in the tissues of the breast and underarms to look for lumps," Eppler said. "They will also educate on breast awareness."

Selzer said that Planned Parenthood works with local breast specialists and offices that work with patients no matter their income or insurance status.

The free clinical exams are available by appointment and may be scheduled by calling 800-551-4060.

"We will take walk-ins but recommend an appointment to limit wait time," Selzer said.

Copyright © 2020, Sun Sentinel

This article is related to: [Breast Cancer](#)