

What if I find a lump or a change in my breast?

- ☐ See a doctor.

If your doctor wants to “watch” the lump or change:

- ☐ Ask, “What could this be?”
- ☐ Discuss how long to watch.
- ☐ Discuss options besides watching and waiting.
- ☐ If you decide to wait, be sure to follow up in the timeframe your doctor recommended!

If you are uneasy about the plan to watch:

- ☐ Ask your doctor to order tests to find out if the lump or change in your breast is cancer or not.
- ☐ You can also get a second opinion — or even a third one!



I had just married the love of my life.

Everything was going as planned until I noticed a change in my breast. It looked like an insect bite and seemed red and swollen. It turned out to be breast cancer.

Sarah, 32



For more information about breast cancer, scan the code, visit **komen.org** or call Susan G. Komen's breast care helpline at **1-877 GO KOMEN (1-877-465-6636)** Monday through Friday, 9 AM - 10 PM EST.

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Take Care of Yourself.

Young women talk about breast cancer.



You're an active young woman. You may be:

- Going to school.
- Working hard at your job.
- Having fun with your friends.
- Thinking about your future.
- Taking care of your family.



I was 21 years old.

I was in disbelief when I was diagnosed with breast cancer. I would tell all young women, "Please, just get to know your body and report any changes to a doctor."

Anna, 24

Did you know you could get breast cancer even if:

- You're young?
- You don't drink alcohol?
- You have no family history of breast cancer?
- You exercise and eat right?

No one knows exactly what causes breast cancer to develop in a certain person at a certain time.

What we do know is if breast cancer is found early, the chances of survival are highest.

Here are the facts

- ALL women are at risk of breast cancer.
- Although rare, young women can get breast cancer, even in their 20s.
- In the U.S., fewer than 5 percent of all breast cancer cases occur in women under 40 each year.
- Breast cancer is the leading cause of cancer death among women ages 20 to 39 in the U.S.

Take care of yourself

1. Know your risk

- ☐ Talk to both sides of your family to learn about your family health history.
- ☐ Talk with a doctor about your risk of breast cancer.

2. Get screened

- ☐ Talk with a doctor about which screening tests are right for you if you are at a higher risk.
- ☐ Have a mammogram every year starting at age 40 if you are at average risk.
- ☐ If you have had a mammogram, ask your doctor if you have dense breasts.
- ☐ Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- ☐ Sign up for your screening reminder at komen.org/reminder.

3. Know what is normal for you

- ☐ See a doctor if you notice any of these breast changes:
 - Lump, hard knot or thickening inside the breast or underarm area
 - Swelling, warmth, redness or darkening of the breast
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of the nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

4. Make healthy lifestyle choices

- ☐ Maintain a healthy weight.
- ☐ Add exercise into your routine.
- ☐ Limit alcohol intake.
- ☐ Breastfeed, if you can.

I was 27 when I found out I had breast cancer.

I was married with two kids. I don't know how I made it through all the treatments. But to be here for my family is worth everything we went through. I'm just grateful my breast cancer was found early. Isabella, 29

