You can get breast cancer if:

- You are a woman.
- You are getting older.
For breast care, you can:

1. Talk to A Doctor.

- Ask your family if they have had breast cancer.
- Tell your doctor.

- Ask your doctor what your chances are of getting breast cancer.
2. Get Tested.

- Ask a doctor which tests you need and when to have them.

Have a doctor check your breasts.
When should a doctor check your breasts?
Check your age:

☐ Are you 20-39? Get checked every 3 years.

☐ Are you 40 and over? Get checked every year.
Have a mammogram every year starting at age 40.

- Mammogram: An X-ray of the breast. It can find a change before you can feel it.
Check the box if you had a mammogram this year:

☐ 2011 mammogram  ☐ 2014 mammogram
☐ 2012 mammogram  ☐ 2015 mammogram
☐ 2013 mammogram  ☐ 2016 mammogram
3. Know What is Normal for You.

- Tell a doctor if you have any of these breast changes:
  - A lump, hard knot or thickening inside the breast
  - Change in the size or shape of the breast
  - Swelling, warmth, redness or darkening of the breast
  - Dimpling or puckering of the skin
• Itchy, scaly sore or rash on the nipple

• Pulling in of your 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 Choices.

- Keep a healthy weight.
• Be active.

• Stay away from alcohol.
For breast care, you can:

- Talk to a doctor.
- Get tested.
- Know what’s normal for you.
- Make healthy choices.

For more information visit our website or call our breast care helpline.

www.komen.org
1-877 GO KOMEN (1-877-465-6636)