Breast Self-Awareness Messages

1. Know your risk
   - Talk to both sides of your family to learn about your family health history.
   - Talk to 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 higher risk.
   - Have a mammogram every year starting at age 40 if you are at average risk.
   - 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 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 lifestyle choices
   - Maintain a healthy weight.
   - Add exercise into your routine.
   - Limit alcohol intake.
   - Limit menopausal hormone use.
   - Breastfeed, if you can.

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

www.komen.org  1-877 GO KOMEN (1-877-465-6636)
The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see a doctor.

Changes that should be reported include:

- 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 your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away