

Breast Self-Awareness Messages



1. Know your risk

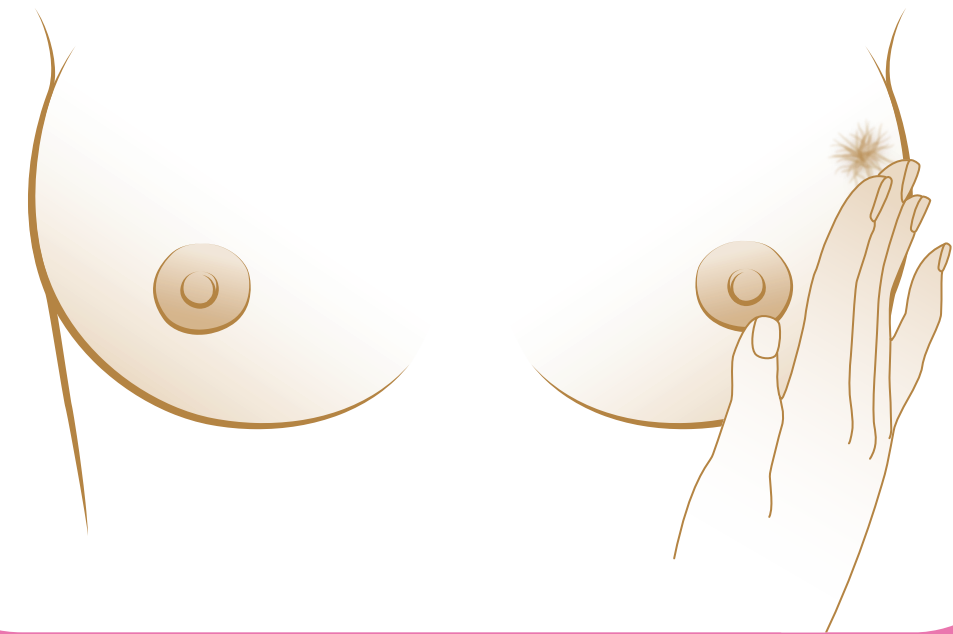
2. Get screened

3. Know what is normal for you

4. Make healthy lifestyle choices

Breast changes that should be reported to your health care provider:

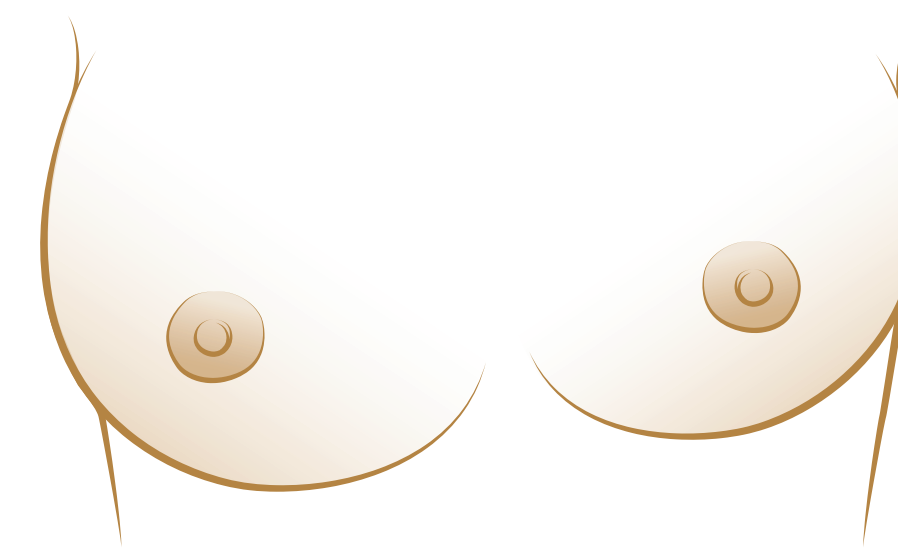
- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



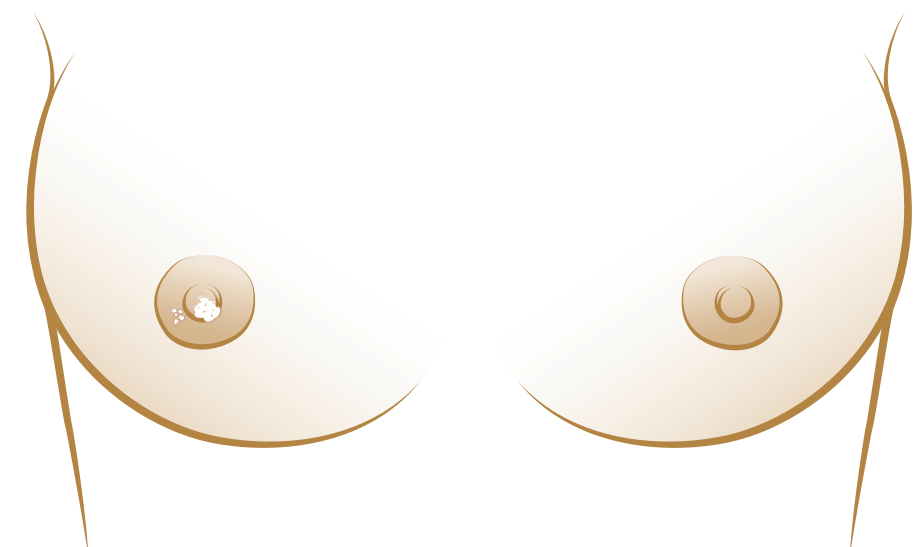
- Change in the size or shape of the breast



- Dimpling or puckering of the skin



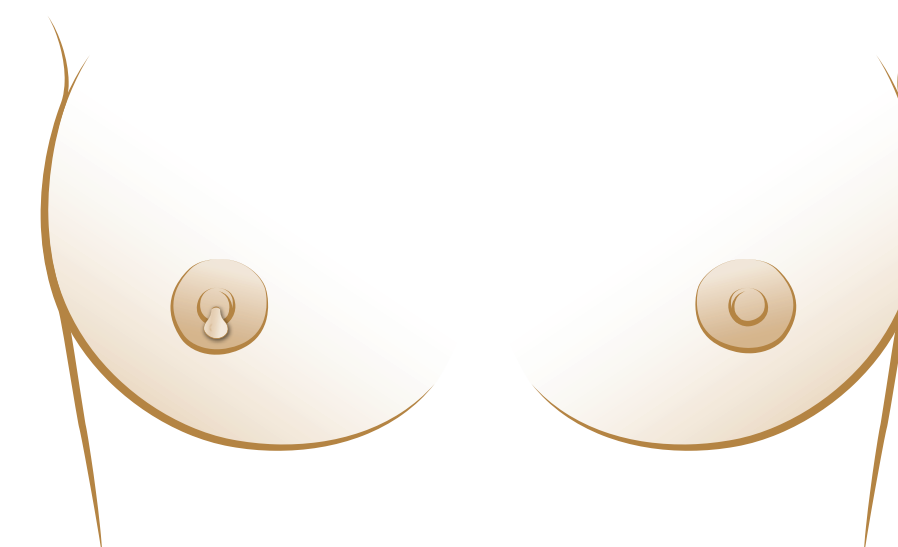
- Itchy, scaly sore or rash on the nipple



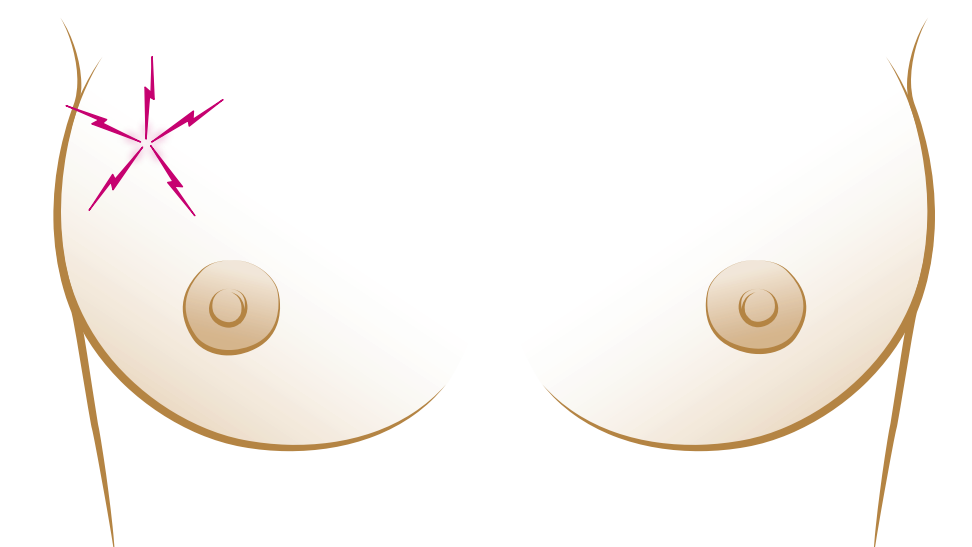
- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



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

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