

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.
- It’s always OK to get a second option.



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, visit [komen.org](https://www.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 to 10 PM ET.

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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."

Marie, 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.

Regular screening tests (along with follow-up tests and treatment if diagnosed) reduce the chance of dying from breast cancer.

Here are the facts

- ALL women are at risk of breast cancer.
- 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.
- Black women have a higher breast cancer incidence (number of new cases) rate than white women before age 40.
- 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're at a higher risk.
- Have a [mammogram](#) every year starting at age 40 if you are at average risk.
- If you've 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](https://www.komen.org/reminder).

3. Know what is normal for you

- Learn how your breasts normally look and feel. 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.

Brittany, 29