



## 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](http://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](http://www.komen.org) 1-877 GO KOMEN (1-877-465-6636)

## Know What is Normal For You

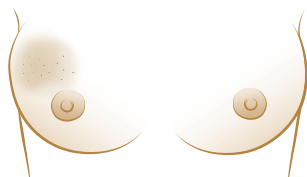
The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see a doctor.

### 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



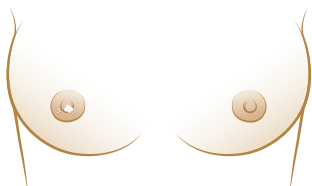
- Change in the size or shape of the breast



- Dimpling or puckering of the skin



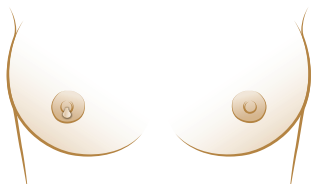
- Itchy, scaly sore or rash on the nipple



- 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

