



Breast Self-Awareness

1. Know your risk

- Talk to your family** to learn about your family health history
- Talk to your doctor** about your personal risk of breast cancer

2. Get screened

- Ask your doctor** which screening tests are right for you if you are at a 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

3. Know what is normal for you

- See your health care provider if you notice any of these breast changes:
 - Lump, hard knot or thickening inside the breast
 - 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 postmenopausal 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)