

**EARLY DETECTION IS IMPORTANT IN THE FIGHT
AGAINST
BREAST CANCER**

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

GET SCREENED

ask your doctor which screening tests are right for you if
you are at a high 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

KNOW WHAT IS NORMAL FOR YOU

**see your health care provider right away if you notice
any of these breast changes:**

lumps, hard knot or thickening
swelling, warmth, redness or darkness
change in the size or shape of your breast
dimpling or puckering of the skin
itchy, scaly sore or rash on the nipple
pulling in of your nipple or other parts
nipple discharge that starts suddenly
new pain in one spot that does not go away

MAKE HEALTHY LIFESTYLE CHOICES

maintain a healthy weight
add exercise into your routine
limit alcohol intake

