

## If You Find a Lump or Change in Your Breast

If you find a lump or any change in your breast, try not to panic. Most lumps are not breast cancer, but something less serious, such as a **benign breast condition**. Many women's breasts feel lumpy. Breast tissue naturally has a bumpy texture. In most cases, this lumpiness is no cause to worry. If the lumpiness can be felt throughout the breast and feels like your other breast, then it's probably normal breast tissue. Lumps that feel harder or different from the rest of the breast (or the other breast) or that feel like a change are a concern and should be checked.

Lumps may be related to your period. Although they may go away by the end of your cycle, don't ignore any change in your breast. It's best to see a doctor to have it checked.

If you find a lump or change, you may feel overwhelmed and unsure of what to ask your doctor. Here are some questions to help start the conversation.

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**Q:** What causes breast lumps or changes?

**A:**

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**Q:** If I find a lump or change, what kind of follow-up tests will I need?

**A:**

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**Q:** When will I get the results?

**A:**

**Q:** What do I need to do if the results aren't clear?

**A:**

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**Q:** Will I need a biopsy (tissue is examined under a microscope)?

**A:**

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**Q:** If more tests and/or treatment are needed, will you refer me to a doctor who specializes in breast problems?

**A:**

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**Q:** What follow-up care will I need? When do I need to see you again?

**A:**



For more information on breast health or breast cancer, please call our breast care helpline (1-877-465-6636) or visit our website. Susan G. Komen does not provide medical advice.

**[www.komen.org](http://www.komen.org) 1-877 GO KOMEN**