Breast Self-Awareness Messages



- 1. Know your risk
- 2. Get screened
- 3. Know what is normal for you
- 4. Make healthy lifestyle choices

For more information visit our website or call our breast care helpline.

www.komen.org
1-877 GO KOMEN
(1-877-465-6636)

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Breast changes that should be reported to your health care provider:

 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



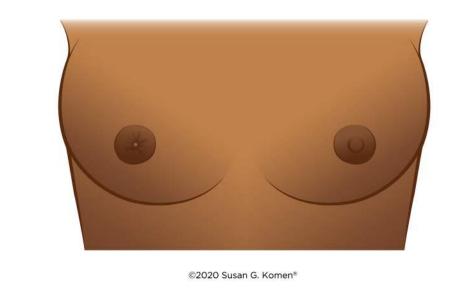
 Dimpling or puckering of the skin



• 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



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Breast cancer is the most common cancer among Black women.