

# Breast Self-Awareness Messages



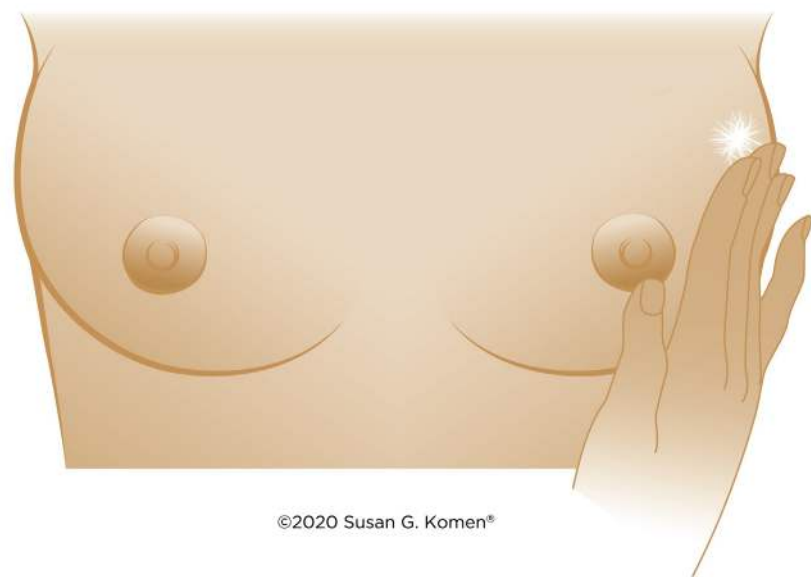
- 1. Know your risk
- 2. Get screened
- 3. Know what is normal for you
- 4. Make healthy lifestyle choices

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

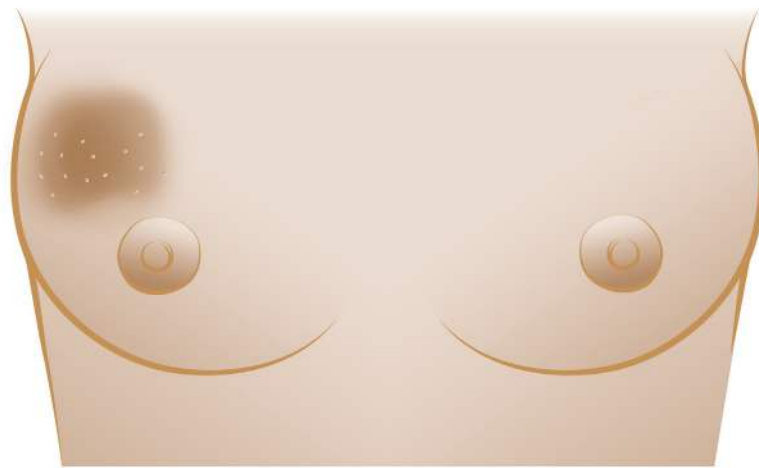
[www.komen.org](http://www.komen.org)  
1-877 GO KOMEN  
(1-877-465-6636)

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

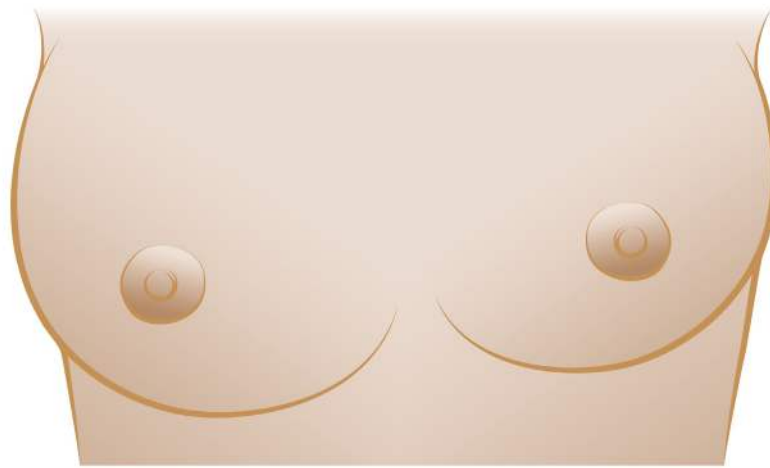
- Lump, hard knot or thickening inside the breast or underarm area



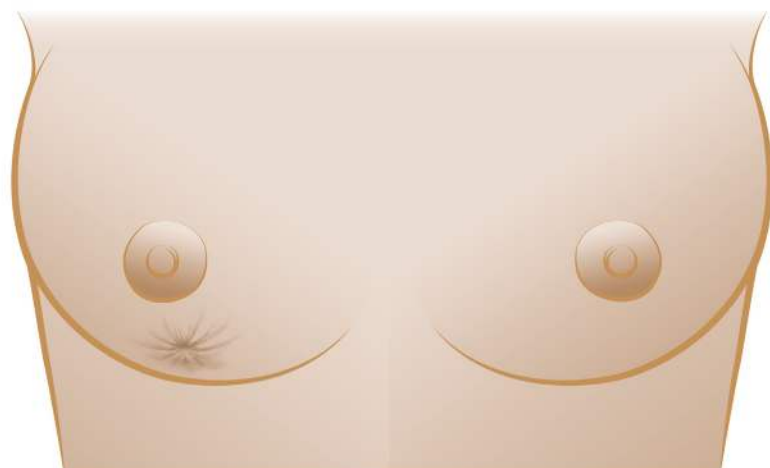
- Swelling, warmth, redness or darkening of the breast



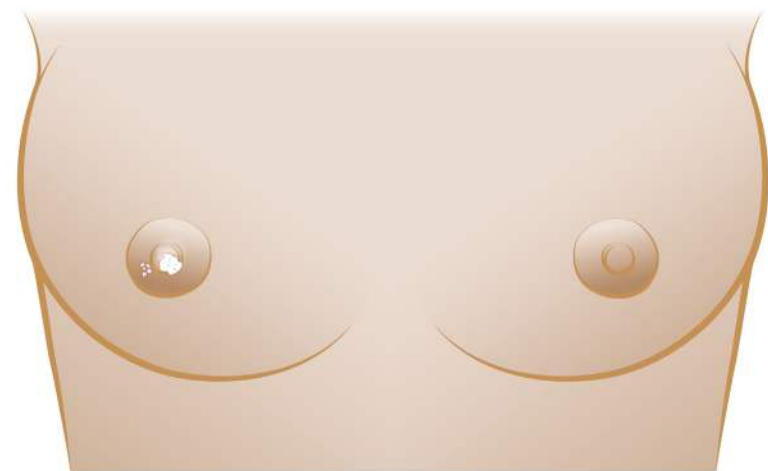
- Change in the size or shape of the breast



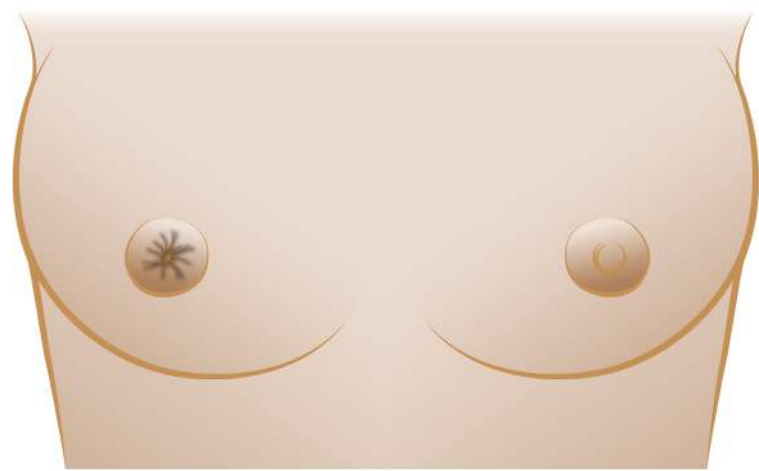
- Dimpling or puckering of the skin



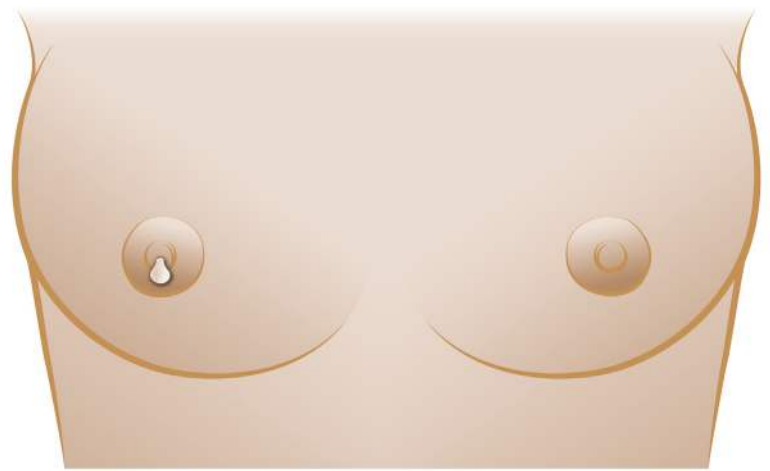
- Itchy, scaly sore or rash on the nipple



- 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

