

## 1. Know your risk

- ☐ Talk to both sides of your family to learn about your family health history.
- ☐ Talk to a doctor about your risk of breast cancer.

## 2. Get screened

- ☐ Talk with a doctor about which screening tests are right for you if you're at higher risk.
- ☐ Have a mammogram every year starting at age 40 if you're at average risk.\*
- ☐ Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.

\*Per NCCN Guidelines

## 3. Know what is normal for you

- ☐ See a doctor if you notice any of these breast changes:
  - 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

## 4. Make healthy lifestyle choices

- ☐ Maintain a healthy weight.
- ☐ Make exercise part of your routine.
- ☐ Limit alcohol intake.
- ☐ Limit menopausal hormone use.
- ☐ Breastfeed if you can.

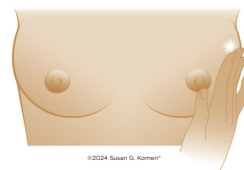
For more information, visit [komen.org](https://www.komen.org) or call the Komen Patient Care Center's Breast Care Helpline at **1-877 GO KOMEN** (1-877-465-6636) Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET or email at [helpline@komen.org](mailto:helpline@komen.org). Se habla español.

## Did you know 6 of the 8 warning signs of breast cancer are visual?

The signs of breast cancer are not the same for everyone. It's important to know how your breasts normally look and feel. If you notice any change, see a doctor.

### Changes that should be reported include:

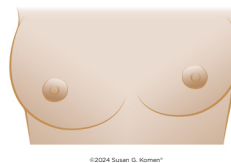
- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



- Change in the size or shape of the breast



- Dimpling or puckering of the skin



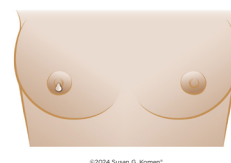
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