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.
   - Add exercise into your routine.
   - Limit alcohol intake.
   - Limit menopausal hormone use.
   - Breastfeed, if you can.

For more information, visit komen.org or call Susan G. Komen’s Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET or email at helpline@komen.org. Se habla español.