Breast cancer is the most common cancer among Black women in the U.S. Early detection and effective treatment for breast cancer have been shown to improve survival.

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 25, 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 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. Se habla español.