I had just married the love of my life.
Everything was going as planned until I noticed a change in my breast. It looked like an insect bite and my breast was red and swollen. It turned out to be breast cancer.

Keisha, 32

What if I find a lump or a change in my breast?
☐ See a doctor.

If your doctor wants to “watch” the lump or change:
☐ Ask, “What could this be?”
☐ Discuss how long to watch.
☐ Discuss options besides watching and waiting.
☐ If you decide to wait, be sure to follow up in the timeframe your doctor recommends.

If you’re uneasy about the plan to watch:
☐ Ask your doctor to order tests to find out if the lump or change in your breast is cancer.
☐ It’s always OK to get a second opinion.

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.

The term Black and white are used in the statements above as these are the terms used in the reference that informed the statements.

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You're an active young woman. You may be:
- Going to school.
- Working hard at your job.
- Having fun with your friends.
- Thinking about your future.
- Taking care of your family.

I was 21 years old.
I was in disbelief when I was diagnosed with breast cancer.
I would tell everyone, “Please, just get to know your body and report any changes to a doctor.”

Yolanda, 24

Did you know you could get breast cancer even if:
- You're young?
- You don't drink alcohol?
- You have no family history of breast cancer?
- You exercise and eat right?

No one knows exactly what causes breast cancer to develop in a certain person at a certain time.

What we do know is if breast cancer is found early, the chances of survival are highest.

Regular screening tests (along with follow-up tests and treatment if diagnosed) reduce the chance of dying from breast cancer.

Here are the facts
- EVERYONE is at risk of breast cancer.
- Young Black women in the U.S. appear to be at risk for an aggressive type of breast cancer, called triple negative breast cancer.
- In the U.S., fewer than 5 percent of all breast cancer cases occur in women under 40 each year.
- Black women in the U.S are more likely to be diagnosed with breast cancer before age 40 than white women.
- In the U.S., breast cancer is the second most common cause of cancer death in Black women.

Take care of yourself
1. Know your risk
   - Talk to both sides of your family to learn about your family health history.
   - Talk with 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 a higher risk.
   - Have a mammogram every year starting at age 40 if you are at average risk.
   - If you've had a mammogram, ask your doctor if you have dense breasts.
   - Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
   - Sign up for your screening reminder at komen.org/reminder.

3. Know what is normal for you
   - Learn how your breasts normally look and feel. 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 the 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.
   - Breastfeed, if you can.

komen.org/healthybehaviors

I was 27 when I found out I had breast cancer.
I was married with two kids. I don't know how I made it through all the treatments. But to be here for my family is worth everything we went through. I'm just grateful my breast cancer was found early.

Michelle, 29