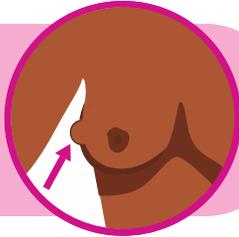


LET'S TALK ABOUT BREAST CANCER

signs to look for

New lumps in the breast



Breast or nipple pain

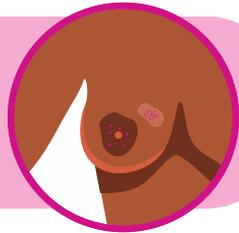


Nipple discharge



Swelling of the breast

Changes in skin texture



Visit a doctor right away if you notice any of these signs.

risk factors and prevention

These factors can increase your risk of breast cancer:

- Older age
- Alcohol consumption
- Family history

You may take these measures to lower your risk of breast cancer:

- Eat a healthy diet
- Maintain a healthy weight
- Avoid smoking and consume alcohol in moderation
- Exercise regularly
- Ask your doctor about getting screened

Breast cancer is **treatable** when caught early.

BREAST CANCER SCREENING

frequently asked questions



What does “screening for breast cancer” mean?

- A screening is when your doctor checks you for disease before you have symptoms
- Breast cancer screenings can detect cancer when it is at an early, treatable stage
- Screenings do not prevent cancer

How does one get screened for breast cancer?

- Talk to your doctor and ask to be screened
- Ask your doctor how often you should be screened



What should I expect when I get screened?

Depending on your breast cancer risk factors, your doctor may recommend different tests. The most common screening tests are:

- **Mammogram:** Your doctor will take an x-ray of your breasts to check for cancer that cannot be felt with their hands
- **Clinical breast exam:** Your doctor will use their hands to feel your breasts for tissue changes or lumps



Did you know you can check for breast lumps at home too?

CHECK YOUR BREASTS EVERY MONTH

TALK TO YOUR DOCTOR ABOUT NEW LUMPS OR OTHER CHANGES IN YOUR BREASTS



LOOK AT YOUR BREASTS
IN A MIRROR, ARMS DOWN



LOOK AT YOUR BREASTS
IN A MIRROR, ARMS UP



FEEL YOUR ARMPIT FOR
LUMPS OR CHANGES



FEEL YOUR BREASTS IN AN UP-AND-
DOWN PATTERN, PRESS ON ALL
PARTS OF EACH BREAST



FEEL YOUR BREASTS IN A PIE-
PIECE PATTERN, PRESS ON ALL
PARTS OF EACH BREAST



LOOK FOR CHANGES IN
YOUR NIPPLES



LIE DOWN AND CHECK YOUR
BREASTS AGAIN

Even if you check for lumps at home, you should still get screened regularly by your doctor.