



Where the end of breast cancer begins.™

2817 McGaw Ave  
Irvine, CA 92614

For local resources and support call 714.957.9157 or visit [komenoc.org](http://komenoc.org)

## BREAST SELF-AWARENESS TIPS

### 1. KNOW YOUR RISK

- **Talk to both sides of your family** to learn about your family health history
- **Talk to your doctor** about your personal risk of breast cancer

### 2. GET SCREENED

- **Talk to your doctor** about which screening tests are right for you and if you are at a higher risk
- **Have a mammogram** every year starting at age 40 if you are average risk
- **Have a clinical breast exam** every 3 years starting at age 20, and every year starting at age 40
- **Sign up** for your screening reminder(s) at [komen.org/reminder](http://komen.org/reminder)

### 3. KNOW WHAT IS NORMAL FOR YOU

- **See your doctor if** you notice any breast changes:
  - Lump, hard knot, or thickening inside breast or underarm
  - 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(s)
  - 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 regular routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

*If you or a loved one needs more information about breast health or breast cancer, call the national Komen helpline to speak with a trained specialist or oncology social worker at 1-877 GO KOMEN.*

# KNOW WHAT IS NORMAL FOR YOU



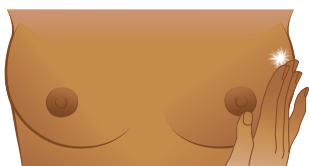
The signs of breast cancer are *not* the same for all women. It is important to know how your breasts normally look and feel.

If you notice any change, see your doctor.

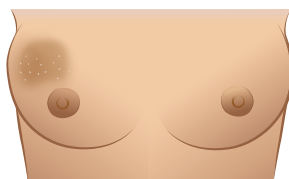
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## CHANGES THAT SHOULD BE REPORTED INCLUDE:

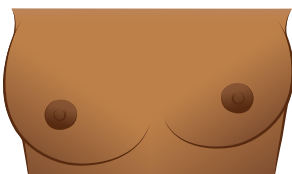
- Lump, hard knot, or thickening inside the breast or underarm



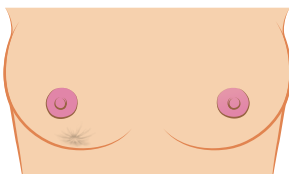
- Swelling, warmth, redness, or darkening of the breast



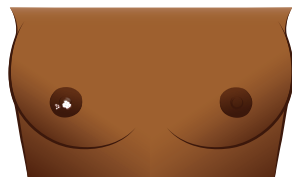
- Change in the size or shape of the breast



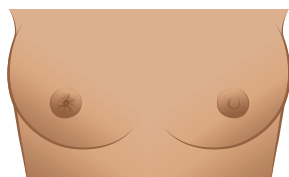
- Dimpling or puckering of the skin



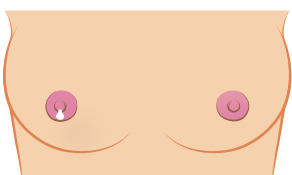
- Itchy, scaly, sore or rash on the nipple(s)



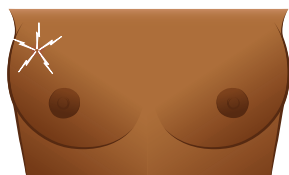
- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



### REMEMBER:

- Every piece of time is important to your care! Be your own best advocate and talk to your doctor early.
- Need a doctor? Connect with Komen OC for help!