

- Except for skin cancers, breast cancer is the most common cancer in women.
- Screening tests can find cancer early, when it is most treatable.
- Breast Self-Exam (BSE) is a tool that can help you learn what is normal for you and detect any abnormalities that might be indications of cancer.



## ***Susan G. Komen Recommendations for Breast Health***

- Talk to your family to learn about your family health history
- Talk to your health care provider about your personal risk of breast cancer
- If you are at higher risk, ask your doctor which screening tests are right for you
- If you are at average risk, have a mammogram every year starting at age 40
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at 40
- Know how your breasts look and feel and report any changes to your health care provider right away
- Make healthy lifestyle choices that may reduce your risk of breast cancer, such as maintaining a healthy weight and exercising.

## ***Breast Self Exam (BSE)***

Breast health exam is a tool that may help you learn what is normal for you. BSE involves looking at and feeling your breasts. Women who practice BSE should also be sure to get mammograms and clinical breast exams at the appropriate ages; BSE should not be substituted for these screening tests. The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see. If you notice any of these breast changes, see your health care provider right away:

- Lump, hard knot, or thickening
- Swelling, warmth, redness, or darkening
- 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
- New pain in one spot that does not go away

## **ADDITIONAL RESOURCES**

What is a mammogram?  
A mammogram is a low-dose x-ray exam of the breasts to look for changes that are not normal. This exam allows the doctor to look for changes in breast tissue that cannot be felt during a breast exam.

A high-quality mammogram plus a clinical breast exam, an exam done by your doctor, are the most effective ways to detect breast cancer.

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