

- 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

A breast self-exam is a step-by-step method you can use to examine your breasts. By looking at and feeling your breasts regularly, you can better notice changes in your breasts or detect when something feels different. Most healthcare providers agree that while mammograms are the best screening tool to detect breast abnormalities, a breast exam you can do at home is the best way for you to be familiar with your own breasts. If you notice any of the following changes, share them with your provider.

- 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



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.