



Breast Health

LEARN THE FACTS



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Am I at Risk for Breast Cancer?

- I am a woman
- I am getting older

If you checked these boxes, you are at risk of getting breast cancer.

You may have heard about other risk factors such as having someone in your family with breast cancer or having an inherited breast cancer gene mutation.

But the truth is: Most women with breast cancer don't have these or other risk factors. The most common risk factors are being a woman and getting older. That's why it's important to remember the facts.



The Facts:

1. All women are at risk of breast cancer.
2. If you know your risk of breast cancer, you can do things that may reduce your risk.
3. Getting a clinical breast exam may help find breast cancer earlier.
4. Talk to a doctor about any changes you notice in your breasts.
5. It's never too late to make healthy lifestyle choices.

Fact One:

**All women are at risk
of getting breast cancer.**

*“No one in my family
has had breast cancer,
so I didn’t think I had
to worry about it.
I was wrong.”*





1. Know Your Risk

- Talk to both sides of your family about your family health history
- Talk to a doctor about your risk of breast cancer

Risk factors do not cause breast cancer, but they do increase the chance that you may get it. There are many risk factors linked to breast cancer. Some of these risk factors increase risk a lot. Others increase risk by only a small amount. Yet, we still don't know exactly what causes breast cancer to develop in a certain person at a certain time. It's likely a combination of risk factors, many of which are still unknown.

That is why it is so important all women know their family medical history and understand their own risk of breast cancer.

Fact Two:

If you know your risk of breast cancer, you can do things that may reduce your risk.

"I talk to my parents about what health conditions affect our family; that way, I can take steps that may protect my health."



2. Know What is Normal for You

Learn how your breasts normally look and feel and report any changes to a doctor.

The signs of breast cancer are not the same for all women. If you notice any of these breast changes, see a doctor:

- 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 your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Fact Three:

Talk to a doctor about any changes you notice in your breasts.

“I was worried that the lump in my right breast was breast cancer, so my doctor recommended I get a breast ultrasound.”



3. Get Screened

- Talk with a doctor about which screening tests are right for you if you are at a higher risk

Clinical Breast Exam

A clinical breast exam is done by a doctor in an office or clinic. He or she will look at and feel your breasts and under your arms to look for changes or signs of breast cancer. Sometimes breast cancer can be felt.

4 Fact Four:

You can have screening tests that may find breast cancer earlier.

“I was worried that a clinical breast exam would be embarrassing and uncomfortable, but it wasn’t bad at all. I know that clinical breast exams are important!”



4. Make Healthy Lifestyle Choices

You can do things that are good for your health and might also lower your risk of getting breast cancer.

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

Fact Five:

It's never too late to make healthy lifestyle choices.

"I feel good about myself after I walk for 30 minutes a day. Plus, I know exercise may lower my risk of getting breast cancer."



What Can I Do?

1. Know your risk

- Talk to both sides of your family about your family health history
- Talk to a doctor about your risk of breast cancer

2. Know what is normal for you

- Know how your breasts look and feel
- It is okay to look at and feel your breasts
- Have a clinical breast exam
- Report any changes to a doctor

3. Get screened

- Talk with a doctor about which screening tests are right for you

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

For more information visit
www.komentoolkits.org,
www.pinkalliance.net,
or talk to a doctor.

