



## Breast Self-Awareness Messages

### 1. Know your risk

- Talk to your family** to learn about your family health history
- Talk to a doctor** about your risk of breast cancer

### 2. Know what is normal for you

- See a doctor if you notice any of these breast changes:
  - Lump, hard knot or thickening inside the breast or under-arm 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
  - New pain in one spot that does not go away

### 3. Get screened

- Talk with a doctor** about which screening tests are right for you
- Have a clinical breast exam\*\*
- Report** any changes to a doctor

In China, Dr. Jun REN (Professor of Medical Oncology, Executive Dean, Capital Medical University School of Oncology, Beijing, China. Director, Comprehensive Cancer Center, Beijing Shijitan Hospital, Capital Medical University, Beijing, China.) recommends a clinical breast exam as the primary screening test used for breast cancer.

### 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

## Know What is Normal For You

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

Changes that should be reported include:

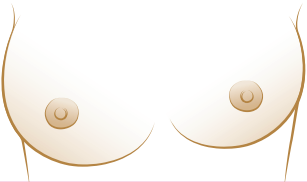
- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



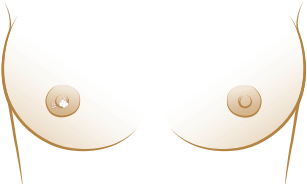
- Change in the size or shape of the breast



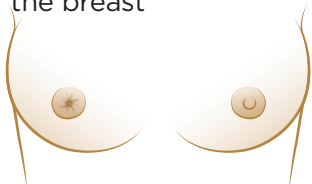
- Dimpling or puckering of the skin



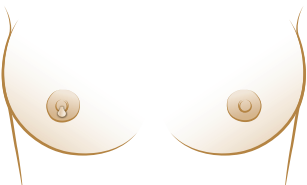
- Itchy, scaly sore or rash on the nipple



- 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

