

# GET TO KNOW YOUR BREASTS

It's important to be familiar with your breasts. That way you'll know what feels and looks normal for you.



## NIPPLE CHANGES



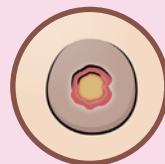
DISCHARGE



PULLING IN



CHANGE IN DIRECTION



ULCER



SCALINESS

## CHANGES IN LOOK AND FEEL



DISCOLORATION



LUMP IN BREAST



SWELLING



LUMP IN ARMPIT



ORANGE PEEL TEXTURE



DIMPLING



If you notice any of these symptoms, or any unusual change in your breasts, **CONTACT YOUR DOCTOR RIGHT AWAY.**

IF FOUND EARLY,

**90%**

OF BREAST CANCERS CAN BE SUCCESSFULLY TREATED.



## RISK ASSESSMENT

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### AGE 25

Ask your doctor for a breast cancer risk assessment to find out if you are at average risk or increased risk.

## AVERAGE RISK

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### AGES 25 TO 39

Consider a clinical breast exam every one to three years.

### AGE 40 AND OLDER

Get a mammogram and clinical breast exam every year.

## INCREASED RISK

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If you've been told you are at an increased risk for breast cancer, ask your doctor for an individualized screening plan.

**Black women are more likely than other women to get aggressive forms of breast cancer. Report symptoms and don't delay screenings.**

[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

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A NATIONAL AFRICAN AMERICAN BREAST CANCER SURVIVORSHIP ORGANIZATION