Breast Self-Awareness Messages



- 1. Know your risk
- 2. Get screened
- normal for you
- 4. Make healthy

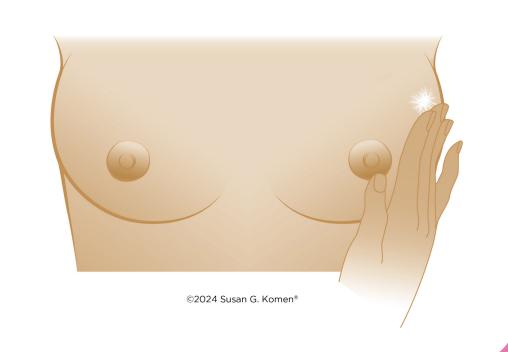
For more information visit our website or call the Komen Patient Care Center's Breast Care Helpline.

> www.komen.org **1-877 GO KOMEN** (1-877-465-6636)

- 3. Know what is
- lifestyle choices

Breast changes that should be reported to your health care provider:

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



 Swelling, warmth, redness or darkening of the breast



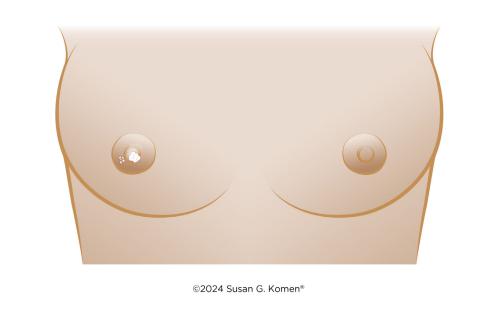
 Change in the size or shape of the breast



 Dimpling or puckering of the skin



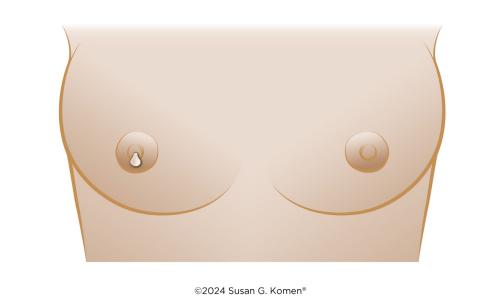
 Itchy, scaly sore or rash on the nipple



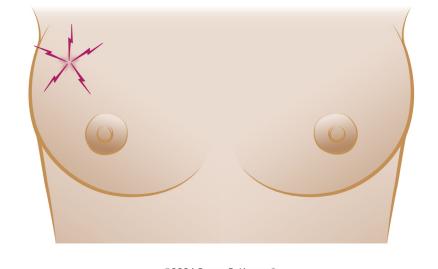
 Pulling in of your nipple or other parts of the breast



 Nipple discharge that starts suddenly



 New pain in one spot that does not go away



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