

## **Breast Self-Awareness Messages**

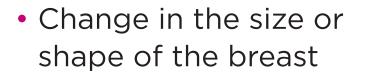
- 1. Know your risk
- 2. Get screened
- 3. Know what is normal for you
- 4. Make healthy lifestyle choices

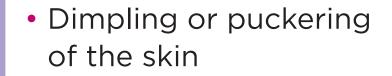
## Breast changes that should be reported to your health care provider:

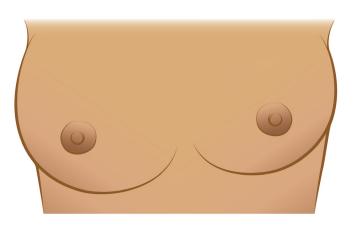
• Lump, hard knot or thickening inside the breast or underarm area



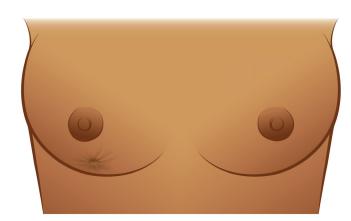
• Swelling, warmth, redness or darkening of the breast





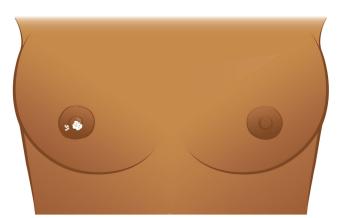


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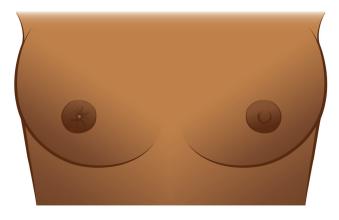
• Itchy, scaly sore or rash on the nipple



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• Pulling in of your nipple or other parts of the breast

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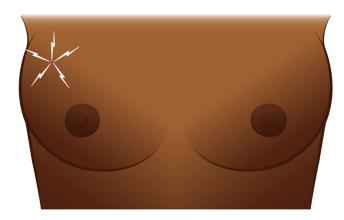
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• Nipple discharge that starts suddenly



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• New pain in one spot that does not go away



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Breast cancer is the most common cancer among Black women in the U.S.

## 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)

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