



Breast Health

Learn the Facts



1-877 GO KOMEN (1-877-465-6636)

komen.org

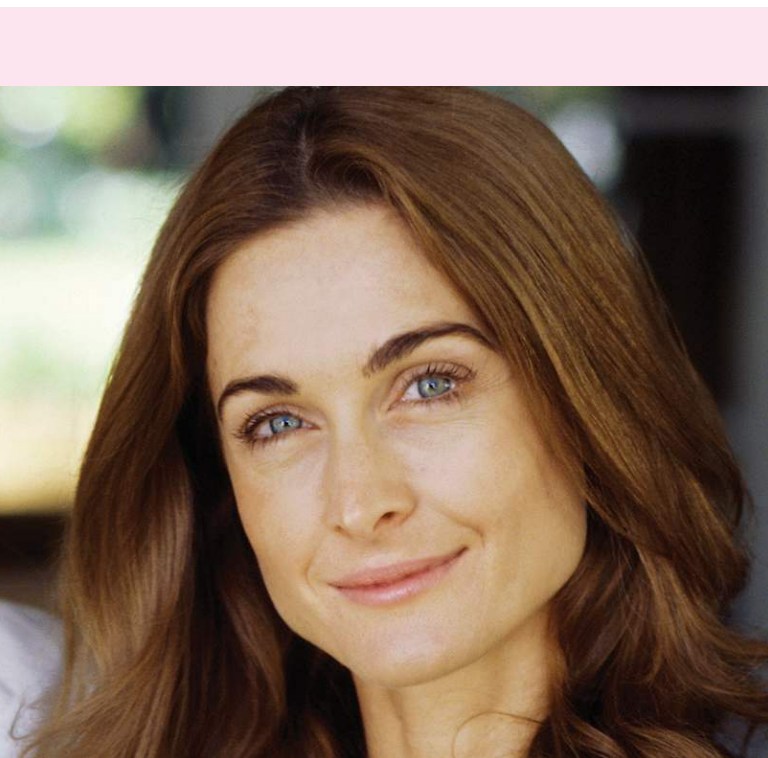
Am I at Risk for Breast Cancer?

- 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 for breast cancer 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. You can have screening tests that may find breast cancer early.
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** to learn about your family health history.
- Talk with a doctor** about your risk of breast cancer.

Risk factors do not cause breast cancer, but they increase the chance 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 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 to know your family health history to help you learn about your risk of breast cancer.

Gather your Family Health History with this online tool at <https://apps.komen.org/FamilyHealthHistoryTool/>

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. Get Screened

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

Mammogram

A mammogram is an X-ray of the breast. For most women mammography is the best test we have today to find breast cancer early. It can find breast cancer when it is very small and chances for survival are highest.

- Have a mammogram** every year starting at age 40 if you are at average risk.

Clinical Breast Exam

A clinical breast exam is done by a doctor or nurse 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, but not seen on a mammogram.

- Have a clinical breast exam** at least every 3 years starting at age 20, and every year starting at age 40.

Fact Three:

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

"I was worried a mammogram would hurt, but it wasn't bad at all. My breast cancer was found on a mammogram when it was very small. I know mammograms are important!"



3. Know What is Normal for You

- Learn how your breasts normally look and feel and report any change 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 Four:

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

"I was worried the lump in my right breast was breast cancer, so my doctor recommended I get it checked out. "



4. Make Healthy Lifestyle Choices

You can do things that are good for your health and may 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 breast cancer."



What Can I Do?

1. Know your risk

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

2. Get screened

- Talk with a doctor** about which screening tests are right for you if you are at higher risk.
- Have a mammogram** every year starting at age 40 if you are at average risk.
- Have a clinical breast exam** at least every 3 years starting at age 20, and every year starting at age 40.
- Sign up** for your screening reminder at komen.org/reminder.

3. Know what is normal for you

- Learn how your breasts normally look and feel** and report any change to a doctor.

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, call our breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday 9 AM to 10 PM ET or visit www.komen.org.

