

What if I find a lump or a change in my breast?

- See a doctor.

If your doctor wants to “watch” the lump or change:

- Ask, “What could this be?”
- Discuss how long to watch.
- Discuss options besides watching and waiting.
- If you decide to wait, be sure to follow up in the timeframe your doctor recommends.

If you’re uneasy about the plan to watch:

- Ask your doctor to order tests to find out if the lump or change in your breast is cancer.
- It’s always OK to get a second option.



susan g.
komen. 



I had just married the love of my life.

Everything was going as planned until I noticed a change in my breast. It looked like an insect bite and my breast was red and swollen. It turned out to be breast cancer.

Sarah, 32



Take Care of Yourself

Young women talk about breast cancer.

For more information, visit [komen.org](https://www.komen.org) or call Susan G. Komen’s Breast Care Helpline at **1-877 GO KOMEN** (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET.

©2021 Susan G. Komen® 9/21

susan g.
komen. 

You're an active young woman.

You may be:

- Going to school.
- Working hard at your job.
- Having fun with your friends.
- Thinking about your future.
- Taking care of your family.

I was 21 years old.

I was in disbelief when I was diagnosed with breast cancer.



I would tell all young women, "Please, just get to know your body and report any changes to a doctor."

Marie, 24

Did you know you could get breast cancer even if:

- You're young?
- You don't drink alcohol?
- You have no family history of breast cancer?
- You exercise and eat right?

No one knows exactly what causes breast cancer to develop in a certain person at a certain time.

What we do know is if breast cancer is found early, the chances of survival are highest.

Regular screening tests (along with follow-up tests and treatment if diagnosed) reduce the chance of dying from breast cancer.

Here are the facts

- EVERYONE is at risk of breast cancer.
- In the U.S., fewer than 5 percent of all breast cancer cases occur in women under 40 each year.
- Women under 40 with breast cancer may have a *BRCA1* or *BRCA2* inherited gene mutation. These may increase the risk of breast and ovarian cancer.
- Black women have a higher breast cancer incidence (number of new cases) rate than white women before age 40.
- Breast cancer is the leading cause of cancer death among women in the U.S. ages 20 to 39.

Take care of yourself

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.

2. Get screened

- Talk with a doctor about which screening tests are right for you if you're at a higher risk.
- Have a **mammogram** every year starting at age 40 if you are at average risk.
- If you've had a mammogram, ask your doctor if you have **dense breasts**.
- 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](https://www.komen.org/reminder).

3. Know what is normal for you

- Learn how your breasts normally look and feel. See a doctor if you notice any of these **breast changes**:
 - 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 the nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

4. Make healthy lifestyle choices

- Maintain a **healthy weight**.
- Add **exercise** into your routine.
- Limit **alcohol** intake.
- Breastfeed**, if you can.

[komen.org/healthybehaviors](https://www.komen.org/healthybehaviors)

I was 27 when I found out I had breast cancer.

I was married with two kids. I don't know how I made it through all the treatments. But to be here for my family is worth everything we went through. I'm just grateful my breast cancer was found early.



Brittany, 29