



Breast Self-Awareness Messages

1. Know your risk

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

2. Get screened

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

- See your health care provider 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 your 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
- Limit menopausal hormone use
- Breastfeed, if you can

For more information visit our website or call our breast care helpline.

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

Know What is Normal For You

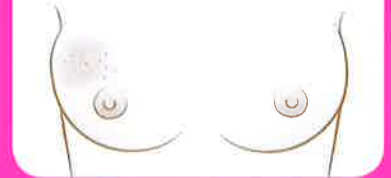
The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see your health care provider.

Changes that should be reported include:

- 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





**Men can get
breast cancer.**

Find out more about it.



Men can get breast cancer.

Men don't think of themselves as even having breasts. For men, it's their chest or their "pecs." So it comes as a surprise to most men to find out that they are at risk of breast cancer.

The fact is that men do have breast tissue. Although rare, they can get breast cancer. In the U.S., about 2,000 men are diagnosed and more than 400 men will die from breast cancer each year.

We don't know what causes breast cancer. But we do know that there are some things that may put a man at higher risk.

You may be at risk.

There is no way to know for sure who will get breast cancer. Just getting older gives you a higher chance of getting it. Talk to your doctor to find out what else may put you at risk. It's a good idea to:

- Find out if you have a family history of breast cancer.
- Ask your doctor about any medical problems you have had, such as Klinefelter's syndrome or liver disease that may put you at higher risk.

Even if you have more than one risk factor, you may never get breast cancer. And some men who have no risk factors, may still get the disease.





Don't ignore it!

Most men don't know they can get breast cancer.

- You may ignore the warning signs that tell you something is wrong.
- You may not tell your doctor what you are feeling because you are embarrassed or worried.
- You may wait too long to get help.

The key to beating cancer is finding it early and getting treated right away.

Here's what to look for:

Talk to your doctor if you have any of these warning signs. Don't wait. Be sure to call if:

- You feel a lump, a hard knot or swelling in your chest area.
- The skin on your chest dimples or puckers.
- Your nipple pulls in toward your chest wall.
- You see any redness or scaling on your nipple.
- There is a discharge coming from your nipple.

If you don't have a doctor, call your health department, a clinic or a hospital nearby.

Get the tests you need.

If you have any of the warning signs, you may need to:

- Tell your doctor your medical history.
- Have your chest area checked by the doctor.
- Get an X-ray of your chest area.
- Have other tests, like an ultrasound or a biopsy. (An ultrasound uses sound waves to create a picture of your chest area. A biopsy is where some tissue is removed to be tested.)

Treatment can help.

If tests show you have breast cancer, you will need treatment. The kind of treatment depends on:

- What type of breast cancer you have.
- How early it is found.

The earlier it is found, the better! That way it can be treated before it spreads to other parts of the body.

Awareness is key!

Don't ignore the warning signs!

- Call your doctor if you notice any changes in your chest area, such as a lump or a change in your nipples.

We can't prevent breast cancer. But if you do get breast cancer, it can make a difference if you:

- Find it early.
- Get treated right away.

Then you can be there for the important things in life!



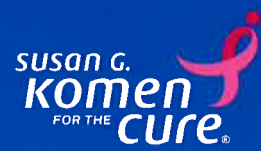


Edward W. Brooke

Former U.S. Senator and Breast Cancer Survivor

“I know that by talking about my own breast cancer I may help other men who are unaware that they may have this disease. It’s my goal to raise awareness among men and their health care providers that breast cancer is not limited to women, and that early detection can save the lives of men whose breast cancer is found and treated early.”





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

Susan G. Komen for the Cure does not provide medical advice.
© 2012 Susan G. Komen for the Cure | Item No. KOMEED005900 7/12