Be Breast Self-Aware

Breast Self-Awareness means knowing the signs and symptoms of breast cancer and what’s normal for your body. It also means understanding how your lifestyle factors and family’s health history impact your personal cancer risk.

KNOW YOUR NORMAL

We all have different breasts – different sizes, shapes and densities. Define what is normal for you so that if something changes, you’re equipped to monitor it over time.

Fyi: Breast tissue extends up your collarbone, around to your armpits, and into your breastbone.

Signs + Symptoms:

- Swelling, soreness or rash
- Nipple discharge
- Change in size or shape
- Dimpling or puckering
- Itchy, scaly sore or rash around the nipple
- Nipple that becomes flat or inverted
- Warmth, redness or darkening
- New, persistent pain in one spot
- Persistent itching
- Bumps that resemble bug bites
- A lump that feels like a frozen pea*
- Soft, mobile lumps that come and go with your period are common and typically normal.

If you notice any of these symptoms and they don’t go away after 2-3 weeks, see your doctor.

for a monthly text reminder to be breast self-aware

Like us. Love us. Stay connected.

BreastSelfAware.org @BePink
REDUCE YOUR RISK

Basic steps every woman can take to reduce her lifetime risk

- **Maintain a Healthy Body Weight** - A clear link exists between obesity and breast cancer.
- **Exercise Regularly** - Exercising for 30 minutes on most days may reduce breast cancer risk by as much as 10-20%.
- **Consider Childbearing Early** - Research has shown that women with first pregnancies under 30 have 40-50% lower risk than women who give birth later or never at all.
- **Breastfeed If You Can** - Breastfeeding for 1-2 years— not necessarily consecutively—can lower your risk.
- **Limit Alcohol** - Limit alcohol to one drink per day or eliminate it entirely.
- **Eat Well, Live Well** - Fill up on cancer-fighting fruits and veggies, get all your vitamins, and avoid red meat.
- **Check Your Vitamin D Levels** - Vitamin D deficiency can increase your breast cancer risk by 2.5x.
- **Don’t Smoke** - Smoking is linked to a higher risk of breast cancer in young women.

If you are at Increased or High Risk, talk to your doctor about additional risk reduction strategies available to you.

ASSESS YOUR RISK

Collect your family health history to help understand where you fall on the risk spectrum. Find out which relatives—on both your parents’ sides, if you’re able—had cancer of any kind, which types, and age at diagnosis.

Once you’ve collected your health history, assess your risk for breast and ovarian cancer at [AssessYourRisk.org](http://AssessYourRisk.org)

<table>
<thead>
<tr>
<th>Lifetime Risk of Breast Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>average risk</strong></td>
</tr>
<tr>
<td>no family history</td>
</tr>
<tr>
<td><strong>increased risk</strong></td>
</tr>
<tr>
<td>family history without a “high risk” gene mutation</td>
</tr>
<tr>
<td><strong>high risk</strong></td>
</tr>
<tr>
<td>“high risk” gene mutation in self or close relative</td>
</tr>
</tbody>
</table>

12%  20–30%  60–87%

Be Breast Self-Aware

Be Breast Self-Aware

*BSA.Q1.15*