

Breast Self-Awareness (BSA)



1. Know your risk

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

2. Get screened

- Ask your doctor** 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 20, and every year starting at 40

3. Know what is normal for you

- See your health care provider right away if you notice any of these breast changes:
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - 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
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

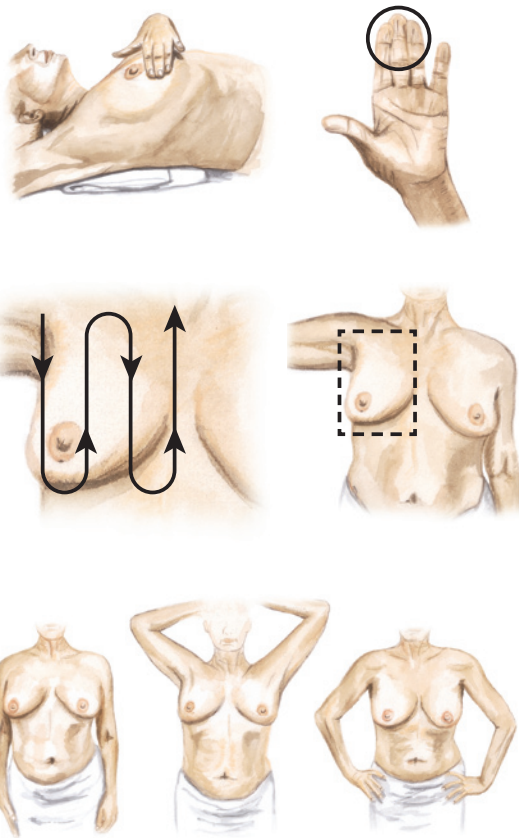
4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

Steps to Breast Self-Exam (BSE)



BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.



Lying Down

Feel for changes:

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand

These steps may be repeated while bathing or showering using soapy hands.

In Front of the Mirror

Look for changes:

- Hold arms at your side
- Hold arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips

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

www.komen.org
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