

Get to know your breasts

It's important to be familiar with your breasts.
That way you'll know what feels and looks normal for you.



Nipple changes



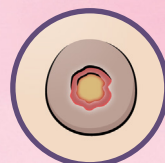
Discharge



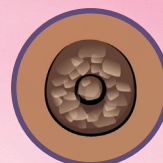
Pulling in



Change in
direction

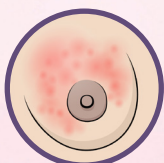


Ulcer



Scaliness

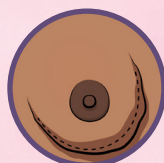
Changes in look and feel



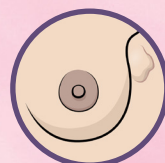
Discoloration



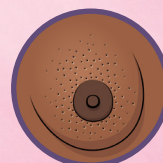
Lump in
breast



Swelling



Lump in
armpit



Orange-peel
texture



Dimpling



If you notice any of these symptoms,
or any unusual change in your breasts,
contact your doctor right away.

If found early,
90%
of breast cancers can
be successfully treated.



Risk assessment

Age 25

Ask your doctor for a breast cancer risk assessment to find out if you are at average risk or increased risk.

Average risk

Ages 25 to 39

Consider a clinical breast exam every one to three years.

Age 40 and older

Get a mammogram and clinical breast exam every year.

Increased risk

If you've been told you are at an increased risk for breast cancer, ask your doctor for an individualized screening plan.

Black women are more likely than other women to get aggressive forms of breast cancer. Report symptoms and don't delay screenings.

Appointments available: 877-632-6789

Learn more: MDAnderson.org/Mammogram

Uninsured or have low income? Go to TexasCancer.info

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Making Cancer History®