

KNOW YOUR RISK! GET SCREENED

Breast Self-Awareness

Risk factors

- Know your family history
- Maintain a healthy weight
- Limit alcohol intake
- Quit smoking/tobacco use
- Breastfeed, if you can
- Limit postmenopausal hormone use

Know what is normal for you

See your health care provider if you notice changes in your breast:

- Lumps, hard or thick knots
- Swelling, redness and darkening of the breast
- Unusual changes in size or shape of the breast
- Dimpling of the skin or pulling in of the nipple
- Itchy, scaly sore or rash on the nipple
- Discharge from the nipple

Get screened

- Ask your healthcare provider for screening tests that are right for you
- Have a mammogram every year starting at age 40
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

For more information, contact the Mississippi Comprehensive Cancer Control Program at 601-206-1559.



MISSISSIPPI STATE DEPARTMENT OF HEALTH