

## WHAT YOU NEED TO KNOW ABOUT BREAST CANCER

### BREAST SELF-EXAMINATION STEPS



Once a month, in front of a mirror



Examine breast & armpit with raised arm



Using fingertips in the following patterns



Up and Down



Wedges



Circles



Check for lumps & skin dimpling,



Changes in skin color or texture,



Changes in nipple shape or color, or fluid leakage

### QUICK FACTS & FIGURES

- Most common cancer for women in US (except skin cancers)
- 1 in 8 chance a woman will develop breast cancer in their lifetimes
- Black women have the highest death rate
- Men are at risk of breast cancer as well
- Second leading cause of cancer death in women, behind lung



**4 MILLION +**  
Breast Cancer Survivors in US

### RISK FACTORS



**Age**

*Risk increases with age*



**Race**

*White more likely to be diagnosed. Black more likely to die*



**Obesity**



**Alcohol abuse**



**Gender**  
*Women more at risk*



**Family History**



**Inherited Genetics**



**Liver Disease**

### SYMPTOMS CAN INCLUDE

- ✓ **A new lump or mass**  
*\*It's important to have any new breast mass, lump, or other change checked by an experienced healthcare professional*
- ✓ **Swelling of all or part of a breast** (even if no lump is felt)
- ✓ **Skin dimpling** (sometimes looking like an orange peel)
- ✓ **Breast or nipple pain** Nipple turning inward
- ✓ **Nipple or breast skin that is red, dry, flaking, or thickened** (like a rash)
- ✓ **Nipple discharge** (other than breast milk)
- ✓ **Swollen lymph nodes under the arm or near the collar bone** (Sometimes this can be a sign of breast cancer spread even before the original tumor in the breast is large enough to be felt.)

### BREAST SCREENINGS RECOMMENDATIONS: Mammogram\*

(For avg. risk)

**Yearly screening for women 45-54\***

**40-44**

**45-54 years**

**55+**

Women can get screened earlier (40-44)

Women 55+ should get screened every other year

*\*A mammogram is an X-ray procedure that creates images of breast tissue, helping to detect tumors or other abnormalities.*

*\*Women at high risk should get a breast MRI and mammogram every year starting at age 30*

**Uninsured or underinsured?** You may still qualify for support from the Breast and Cervical Cancer Project (BCCP). Call toll-free: (866) 838-3973 or Apply online: [bit.ly/SWOHBCCPEN](http://bit.ly/SWOHBCCPEN)



**SCAN ME**

**Call 513-584-PINK to schedule. Scan the QR code or visit website to see mobile mammography van schedule**