

Breast Self–Exam

Why Perform a Breast Self–Exam?

- The sooner lumps are detected the better. When breast cancer is found early, the five–year survival rate is 96%.
- You never know who it will affect. More than 80% of women diagnosed with breast cancer do not have it in their family history.
- Women know their breasts better than any doctor, which makes them more likely to detect something unusual.
- Statistics are scary. Breast cancer accounts for one in every three cancer diagnoses in the U.S. One in eight American women will be diagnosed with breast cancer at some time in their lives.
- Early detection and treatment are the best ways to combat breast cancer.

What are the Symptoms to Look for?

- A hard lump or thickening in any part of the breast.
- Any changes in the skin or appearance of the breast such as swelling, redness, dimpling, or dryness around the nipple.
- Pain or sudden change in breast size
- Newly inverted or flattened nipple
- Discharge from the nipple

Who is Most at Risk?

- Women with an abnormal or complex reproductive history.
- Women with a family history of breast cancer.
- Women that are 50 years old or older.
- Everyone is at some risk because breast cancer is the most common cancer among women.