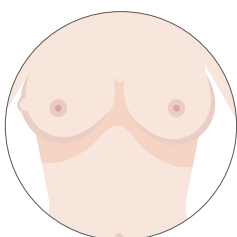




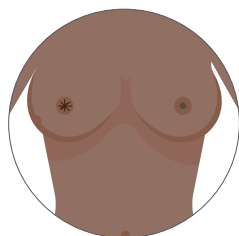
pink lemonade project®

## Know what is normal for you!

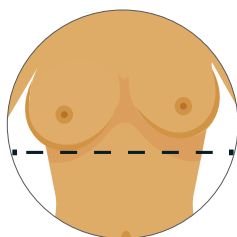
Breast cancer can show in different ways. It is important to know how your breasts normally look and feel. If you notice a change, contact your healthcare provider.



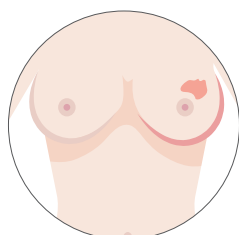
Lump or hard knot inside the breast



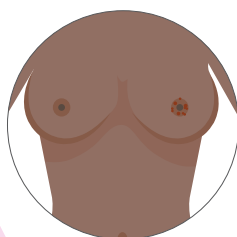
Pulling in of nipple or other parts of the breast



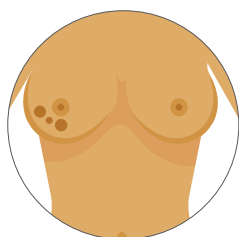
Change in the size or shape of breast



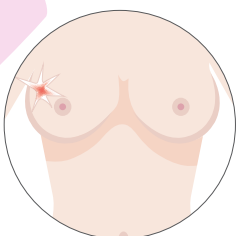
Skin changes, redness, thickening of the breast



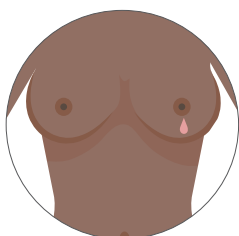
Itchy, scaly sore or rash on nipple



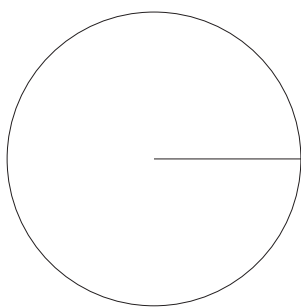
Dimpling, pulling or puckering of the skin



New pain in one spot that does not go away



Clear or bloody nipple discharge



## Breast Self-Awareness

### 1 Know your risk.

In the Pacific Northwest, 1 in 7 women will be diagnosed. Men get breast cancer too.

Women 50-60 are the number one age group to develop breast cancer. There's a similar incidence for people 40-79.

### 2 Know your family history.

Only 15% of breast cancers are inherited.

Talk to your family about their health history.

Ask your doctor which screening test is best for you, especially if you are at higher risk.

### 3 Check your breasts.

Check your breasts once a month around the same time.

### 4 Get screened.

At age 25, complete a clinical breast exam annually, if you are at average risk.

At age 40, get annual mammograms, do monthly self breast exams, and get an annual clinical exam.

### 5 Know if something is new or changes.

See your healthcare provider if you notice any changes in your breasts. *Refer to the front side of the card.*

### 6 Make healthy lifestyle choices.

Maintain a healthy weight.

Add exercise into your routine.

Limit alcohol intake.

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