



Breast Cancer Awareness Early Detection Plan

All women are at risk for breast cancer.
Detecting breast cancer early improves survival.

Here are steps you can take.

1. Starting at age 20, have a clinical breast exam by a trained medical professional at least every three years. Talk to a health care provider if you have a family history of breast cancer or concerns about your risk.
2. If you are age 40 or over, have a mammogram every year. Have a clinical breast exam every year in addition to your mammogram.
3. Know how your breast look and feel and report any changes to a health care provider. If you notice any of the following warning signs, see your health care provider immediately.
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn't go away

For more information visit komenbatonrouge.org or call 225/615-8740.

**If you know someone who cannot afford screening,
call toll-free 1-888-616-4687.**