



RISK FACTORS

- » Women/men both at risk for breast cancer
- » Personal history/Family history
- » Genetic alterations (BRCA1/BRCA2 mutations)
- » Diagnosis of a breast condition, or history of 2 or more breast biopsies for benign breast disease
- » Having a first birth at age 30 or older; or never had children
- » Started menstruating before age 12
- » Experienced menopause after age 55



SIGNS/SYMPTOMS

- » A new lump or mass that is painless, hard and has irregular edges is more likely to be cancerous, but some rare cancers are tender, soft and rounded
- » A generalized swelling of part of a breast (even if no distinct lump is felt)
- » Breast skin irritation or dimpling
- » Discharge other than breast milk
- » Many of these symptoms can also be due to benign breast conditions but medical examinations and tests may be the only way to determine their cause.



PREVENTION

- » **Screenings** - The American Cancer Society recommends that women 40 years and older should have annual mammograms. All women should conduct breast self-examinations, to check their breasts for lumps and bumps at the same time each month. Hang a breast self-exam card in your shower for helpful tips and as a reminder.

