

A woman's chance
of developing
invasive breast
cancer is 1 in 8.



Breast Cancer Awareness

Breast cancer is the most common cancer among American women (except for skin cancers).

The most common symptoms of breast cancer are a change in the look or feel of the breast or nipple and nipple discharge.

Warning signs may include:

- Lump or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in size or shape of the breast
- Dimpling of skin on the breast
- Itchy, scaly sore or rash on the nipple
- Nipple discharge that starts suddenly
- Pain in one spot that does not go away

The best defense against breast cancer is screening and early detection:

- **Mammogram**
All women age 40 and older should have one annually
- **Clinical breast exam**
At least every 3 years from age 20-39; every year starting at age 40
- **Self-exams**
Perform monthly

