

Be your own *breast friend*.

Know yourself. Know your history. Know your risks.

In your Teens



- ❖ Regularly look at your breasts in the mirror to get familiar with them.
- ❖ Feel your breasts so you know what the skin feels like normally.
- ❖ Talk with your family and close relatives to find out if there is a history of breast cancer or other gynecological cancers.
- ❖ The age at which you started your period can impact your risk.

Become familiar with your breasts through frequent checks, noting their shape, size, and characteristics.

Be on the lookout for any changes in your breasts. If you notice something, you should tell your healthcare provider.

Nearly 80% of young women diagnosed with breast cancer find their breast abnormality themselves.

Tell your healthcare provider about your family history and develop a plan for routine screenings to begin.

In your 20s



- ❖ An annual medical exam should include a clinical breast exam by a trusted healthcare provider at some point during your 30s.
- ❖ If a family member has/had cancer, you should get screened for breast cancer 10 years earlier than when that cancer was first diagnosed.
- ❖ Breast cancer is the most common cancer for women in this age group.

In your 30s



Mammograms and/or other breast imaging are typically recommended within this age range. The timing depends on your unique health history.

Not all forms of breast cancer show noticeable symptoms, which is why routine imaging is recommended when appropriate.

Annually, breast cancer accounts for 1-in-3 new female cancers.

In your 40s & 50s



- ❖ While there are varying recommendations for 60 and up, Gateway to Hope believes that the type of screening and frequency is dependent on your health history.
- ❖ Discuss a plan with your healthcare provider to continue to monitor your breast health needs.

In your 60s & Up



Notice anything different?

Regularly check your breasts, to learn what looks and feels normal for you.

What to look for:

Size: Did a breast change in either appearance or size in an unusual way?

Lumps or Bumps: Can you feel a lump or a firmness in your breast or near your underarm? Have you noticed swelling or irritation in or around your breasts?

Nipple changes: Is there a discharge? Did a nipple suddenly turn inward?

Not all forms of breast cancer are noticeable, which is why routine imaging is recommended based on your unique health history.

By doing a regular breast check, you may notice something.

Any noticeable or "feelable" change is something to tell your doctor.

90% of woman diagnosed with early-stage breast cancer have excellent outcomes!

Request more info at MOBreastHealth.org.



Everything you need to know about getting FREE navigation support, transportation, and financial assistance for breast health services!