Breast Test

1. In front of a mirror look for abnormalities in a normal stance: redness, soreness, rash, or swelling.

2. Raise your arm and look for abnormalities: redness, soreness, rash, or swelling.

3. Look for signs of fluid.

4. Feel your breast while lying down for abnormalities.

5. Feel your breast while standing or sitting for abnormalities.

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Breast Self-Awareness

1. Know your risk
   - Talk to your family to learn about your family health history
   - Talk to your doctor about your personal risk of breast cancer

2. Get screened
   - Ask your doctor which screening tests are right for you if you are at a higher risk
   - Have a mammogram every year starting at age 40 if you are at average risk
   - Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

3. Know what is normal for you
   - See your health care provider if you notice any of these breast changes:
     - Lump, hard knot or thickening inside the breast
     - Swelling, warmth, redness or darkening of the breast
     - 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 does not go away

4. Make healthy lifestyle choices
   - Maintain a healthy weight
   - Add exercise into your routine
   - Limit alcohol intake
   - Limit postmenopausal hormone use
   - Breastfeed, if you can