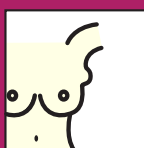
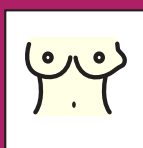


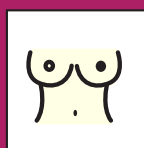
BREAST CANCER SIGNS & SYMPTOMS



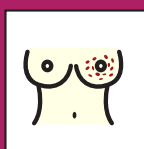
UNDERARM
LUMP*



SWELLING OR
LUMP*



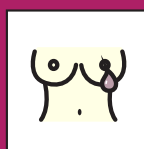
NIPPLE TURNING
INWARD



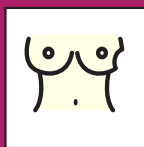
REDNESS



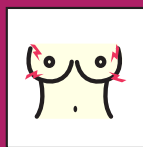
SKIN IRRITATION



NIPPLE DISCHARGE



DIMPLING



BREAST PAIN



NIPPLE PAIN

*PLEASE NOTE: A lump you can feel (usually painless) in the breast or armpit is by far the most common symptom presentation for breast cancer.

In addition to checking for the above symptoms or any others...

- Know your family cancer history and if anyone in your family carries a genetic mutation.
- Be sure to make and keep annual doctor and screening (e.g. mammogram) appointments.



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DID YOU KNOW . . .

- 1 in 8 women will be diagnosed with breast cancer.
- 1 in 40 Ashkenazi Jews carries a BRCA genetic mutation that significantly raises cancer risk.
- There are other mutations that can raise one's risk for developing cancer.
- Early detection saves lives.

A monthly exam will familiarize you with your body's normal. Be sure to check by **sight** (in mirror) and by **touch** (in shower or lying down) for any unexpected changes on your body, including your breasts.

If you notice any changes or want to assess your breast cancer risk, please contact your health care provider.

Sharsheret's social workers and genetic counselor answer questions and provide free, confidential support about breast cancer, ovarian cancer, and cancer genetics. Visit sharsheret.org or call 866.474.2774.



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