Warning signs of breast cancer

- A breast lump
- Enlarged lymph nodes in the armpit
- Changes in breast size or shape
- Dimpling or puckering
- Scaliness
- Nipple changes or discharge
- Nipple pulling to one side or a different direction

It’s important to be familiar with your breasts. That way you’ll know what feels and looks normal for you.

No one can say if you will definitely get breast cancer. But, these things may increase your chances for the disease.

<table>
<thead>
<tr>
<th>Family history</th>
<th>Breast and/or ovarian cancer in your family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hormones</td>
<td>Starting your period before age 12, menopause after age 55, having your first child after age 30 or never having any children</td>
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<tr>
<td>Radiation exposure</td>
<td>Radiation therapy to the chest between ages 10 and 30</td>
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<tr>
<td>Breast disease</td>
<td>Such as lobular carcinoma in situ or atypical hyperplasia</td>
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<tr>
<td>Genetic alterations</td>
<td>Such as BRCA1 or BRCA2 gene mutations</td>
</tr>
</tbody>
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Talk to your doctor if you notice anything unusual or think you may be more likely to get breast cancer.
Most women age 40 or older should get a mammogram and clinical breast exam every year.

- **Stay lean after menopause.**
  Keep a healthy weight and a low amount of body fat. Eating a healthy diet can help.

- **Get active. Sit less.**
  Aim for at least 150 minutes of moderate or 75 minutes of vigorous physical activity each week. Do strength-training exercises at least two days a week.

- **Limit alcohol.**
  If you drink, limit yourself to one drink per day.

- **Choose to breastfeed.**
  Try to breastfeed exclusively for six months after giving birth, and continue even when other foods are introduced.

- **Talk to your doctor.**
  Women at high risk may need certain medications, genetic counseling or other medical exams.

**Ways to lower breast cancer risk**

- Mammograms can find cancer before symptoms appear.
- Women ages 25 to 39 should consider a clinical breast exam every 1-3 years.
- Black women are more likely than other women to get aggressive forms of breast cancer. Get regular checkups and be sure to follow up if any abnormalities are found.

**Appointments available at a location near you.**

MDAnderson.org/Mammogram