



WOMEN WITH DISABILITIES AND BREAST SELF-AWARENESS MESSAGES

If you're a woman with a disability, you're just as likely to get breast cancer as other women. Having a disability doesn't keep you from getting breast cancer — breast cancer can happen to you!

To find breast cancer early,

Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to your provider about your personal risk of breast cancer.

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
- Sign up for a screening reminder at www.komen.org/reminder

Know what is normal for you and see your healthcare provider if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- 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 doesn't go away

Make healthy lifestyle choices

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

Breast Self-Awareness Message Videos

Susan G. Komen has produced breast self-awareness videos. Breast self-awareness materials and translated materials, including American Sign Language, are found at ww5.komen.org/translations.html.

Breast Self-Awareness Message Cards

Breast self-awareness message cards in different languages are available at ww5.komen.org/translations.html.



American Association on Health and Disability
www.aahd.us



877-465-6636 (hotline)
ww5.komen.org

For more information, please contact AAHD Komen Project Director at 301-545-6140 x203 or visit our website at www.aahd.us

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