

Women with Disabilities and Breast Self-Awareness Messages

To find breast cancer early,

Know your risk

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

Get screened

- Talk with a doctor about 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 your screening reminder at komen.org/reminder.

Know what is normal for you and see a doctor 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.

See Komen breast self-awareness message materials at <http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html>



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