BREAST SELF-AWARENESS (BSA)

Knowledge is power. Equip yourself and share with your loved ones tools you can use to be proactive about your breast health.

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
   - If you are at average risk, have a mammogram every year starting at age 40
   - Have a clinical breast exam every one to three years starting at age 20, and every year starting at age 40

3. **Know what is normal for you**
   See your health care provider right away if you notice any of these breast changes:
   - Lump, hard knot, or thickening
   - Swelling, warmth, redness, or darkening
   - Change in the size or shape of your breast
   - Dimpling or puckering of the skin
   - Itchy, scaly, sore, or rash on the nipple
   - Pulling in of your nipple or other parts
   - 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

For more information, visit UPMC.com/Magee or call 1-866-MyMagee (696-2433).

MAGEE-WOMENS
BREAST CANCER PROGRAM
Part of UPMC CancerCenter

Information provided by Susan G. Komen for the Cure®