

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](https://www.upmc.com/magee) or call **1-866-MyMagee (696-2433)**.

**MAGEE-WOMENS
BREAST CANCER PROGRAM**
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