

Kia's Courage

BREAST HEALTH & EARLY DETECTION

Know Your Body. Know the Signs. Take Action.

Breast cancer is the most common cancer in women, but early detection can save lives. When breast cancer is found early, it is more treatable and survival rates are higher.

KNOW YOUR NORMAL

Your breasts are unique to you. Knowing what is normal for your body can help you notice changes early.

Be familiar with the look and feel of your breasts.

CHANGES TO WATCH FOR

Contact your healthcare professional if you notice any of the following changes:



A new lump or thickening in the breast or underarm (armpit).



Nipple changes (inversion, discharge other than breast milk).



Changes in the size or shape of the breast.



A rash, scaliness or thickening of the nipple or breast skin.



Dimpling or puckering of the skin.



Persistent breast pain that is new or different.



Redness, warmth or swelling.



Any change that is unusual for you and does not go away.

UNDERSTANDING YOUR RISK

Anyone can develop breast cancer, but some factors can increase your risk.

RISK FACTORS YOU CANNOT CHANGE

-  Being a woman
-  Getting older (risk increases with age)
-  Family history of breast cancer or certain gene changes (e.g., BRCA1/2)
-  Personal history of breast cancer or certain benign breast conditions
-  Having dense breast tissue
-  Certain racial and ethnic backgrounds (e.g., higher risk in Black women)

RISK FACTORS YOU CAN HELP MANAGE

-  Being overweight or obese (especially after menopause)
-  Physical inactivity
-  Alcohol use
-  Use of certain hormone therapies (talk with your doctor about risks and benefits)
-  Not having children or having your first child after age 30
-  Certain birth control methods

WAYS TO REDUCE YOUR RISK

While you cannot change all risk factors, you can make healthy choices to support your breast health.

-  Maintain a healthy weight.
-  Be physically active.
-  Eat a balanced diet with plenty of fruits, vegetables and whole grains.
-  Limit alcohol.
-  Avoid tobacco and vaping.
-  Manage stress and get quality sleep.
-  Talk with your healthcare professional about your personal risk and screening plan.



Strong Women. Healthier Tomorrows.

**Your Health Matters.
Your Life Matters.**

SCREENING CONVERSATIONS

Talk with your healthcare professional about the best screening plan for you based on your age, personal and family history, and risk factors.



BE OPEN

Share your full medical history, including family history and any changes you notice.



KNOW YOUR RISK

Ask if you have an increased risk and if additional screening (such as MRI) is right for you.



MAKE A PLAN

Work with your healthcare professional to determine when to start screening and how often.

MAMMOGRAMS

A mammogram is an X-ray of the breast used to find cancer early, often before it can be felt.



Most women at average risk should start regular screening mammograms at age 40.



Mammograms are typically done every 1–2 years, depending on your risk factors and healthcare professional's recommendation.



A mammogram can detect breast cancer early, when it is more treatable.



It is normal to feel nervous, but the test is quick, and the benefits are significant.

If you notice a change in your breast at any age, do not wait for a screening appointment. Contact your healthcare professional right away.

PREPARING FOR YOUR APPOINTMENT

A little preparation can help you get the most out of your visit.



- ☐ Make a list of any changes you have noticed.
- ☐ Write down your personal and family medical history.
- ☐ List all medications, vitamins and supplements you take.
- ☐ Be ready to discuss your menstrual history, pregnancy history and any hormone use (e.g., birth control or hormone therapy).
- ☐ Prepare your questions (see examples).
- ☐ Bring a list of previous imaging (mammograms, ultrasounds, etc.) and where they were done, if possible.
- ☐ Consider bringing a family member or friend for support.



QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

- ☐ Based on my age and risk factors, when should I start mammograms?
- ☐ How often should I be screened?
- ☐ Do I have dense breast tissue? What does that mean for me?
- ☐ Should I have additional screening, such as an ultrasound or MRI?
- ☐ What are my personal risk factors for breast cancer?
- ☐ Are there lifestyle changes I can make to lower my risk?
- ☐ What changes should prompt me to call you right away?



IMPORTANT REMINDERS



Don't skip your screenings.



Know what is normal for your body.



Report changes, even if they seem minor.



Encourage the women in your life to take care of their breast health.



Early detection, education and support can save lives.



Education. Support. Stronger Tomorrows.

*Your Health Matters.
Your Life Matters.*

For educational purposes only. This information does not replace individualized medical advice.

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