

Most women are familiar with the *Breast Self-Exam* as one of the tools used for breast cancer screening. However, new guidelines are suggesting a slightly different, simplified approach referred to as Breast Self-Awareness.

What's the difference?

There's no magic in the systematic search and routine of the self-breast exam. However, we do know that sometimes breast cancer is first detected by women themselves. Self-detected breast cancers are found when women notice a *change* in their breasts (or underarms) and noticing that change is what matters.

Breast self-awareness simply means a woman should look at and feel her own breasts (and underarms) often enough to be familiar with them. Then she is likely to notice changes that could signal a problem with her breasts. There's no technique to learn, no rule as to how often to repeat it. A woman just looks and feels often enough to be familiar with her own breasts.

What are the warning signs?

- Pain Redness
- New lump or mass Dimpling
- Inversion of the nipple
- Discharge from the nipple

If a change is noticed that doesn't go away in about 2 weeks, contact a healthcare provider to have your breasts examined.

**BE BREAST SELF-AWARE!
EARLY DETECTION SAVES LIVES!**