

**Women in their 40s and older should have a mammogram every 1 to 2 years.
Women should perform monthly breast self-exams to check for any changes in their breasts.**

Changes include:

How the breast or nipple feels

- A lump or thickening, in or near the breast or underarm area.
- Nipple tenderness

How the breast or nipple looks

- A change in the size or shape of the breast
- A nipple turned inward into the breast
- The skin of the breast, areola, or nipple may be scaly, red or swollen. It may have ridges or pitting so that it looks like the skin of an orange.
- Nipple discharge (fluid)



For more information go to
www.cancer.gov

Risk factors:

Age: The chance of getting breast cancer goes up as a woman gets older.

Family history: A woman's risk of breast cancer is higher if her mother, sister or daughter had breast cancer.

Race: Breast cancer is diagnosed more often in Caucasian women than Latina, Asian or African-American women.

Being overweight or obese after menopause.

Lack of physical activity.


Drinking alcohol.

First menstrual period before age 12 and/or menopause after 55.

The older a woman is having her first child or never having children.

*This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider.
Please consult your healthcare provider for advice about a specific medical condition.*

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KyHealth Choices

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October is Breast Cancer Awareness Month

**Breast cancer is the most
common type of cancer
(other than skin cancer)
among women in the U.S.**

**Each year, more than 211,000
American women learn they
have breast cancer.**
