

ONE *Step* AHEAD

KNOWING THE SIGNS AND SYMPTOMS OF BREAST CANCER WILL KEEP YOU ONE STEP AHEAD! WHILE A BREAST LUMP IS THE MOST COMMON SIGN OF BREAST CANCER, SOME SYMPTOMS CAN BE SEEN RATHER THAN FELT.

NOT SURE WHAT TO LOOK AND FEEL FOR?

A lump (with or without discomfort)

Puckering or dimpling on breast

A change in the size or shape of breast

Discharge (other than milk), particularly bloody

Rash or scaly patch on nipple

Pitted look or feel (similar to a citrus skin) on breast

Enlarged lymph nodes near the breast
(this includes collarbone, and armpits)

Nipple becoming inverted

Discoloration, swollen /or scaly areas on breast

These signs and symptoms can be caused by conditions other than breast cancer.

So if you are experiencing any of these signs and symptoms, a visit with a specialist is recommended for correct diagnosis.



FIND MORE INFORMATION ON HOW TO STAY
ONE STEP AHEAD AT:

<https://www.cityofhope.org/clinical-program/breastcancer>

Paint the County Pink

ONE *step* AHEAD

CONTROL YOUR RISKS

GET TO AND STAY AT A HEALTHY WEIGHT
ENJOY PHYSICAL ACTIVITY
AVOID EXCESS ALCOHOL
FOCUS ON PLANT-BASED FOODS
CONSIDER BREASTFEEDING
LIMIT HORMONE THERAPY



RISK FACTORS OUT OF YOUR CONTROL

EARLY MENSTRUATION OR LATE MENOPAUSE
FAMILY HISTORY
LATE OR NO PREGNANCY
ADVANCED AGE
RACE & ETHNICITY
DENSE BREAST TISSUE
GENETIC PREDISPOSITION



Sit down and feel around!

NOT SURE WHAT
TO LOOK FOR?



FOR MORE INFORMATION VISIT:
[HTTPS://:WWW.WORLDWIDEBREASTCANCER.ORG](https://www.worldwidebreastcancer.org)

YOU ARE YOUR BEST DEFENSE

YOU ARE YOUR OWN BEST DEFENSE AGAINST BREAST CANCER. BY BEING AWARE OF YOUR PERSONAL RISK FACTORS AND ADOPTING HEALTHY LIFESTYLE BEHAVIORS THAT HELP TO MINIMIZE YOUR RISK YOU CAN STAY ONE STEP AHEAD!!



FOR MORE INFORMATION VISIT WWW.CANCER.ORG