

# WHAT TO KNOW ABOUT Breast Cancer Screening

Breast cancer is a disease where cancer cells form in the tissues of the breast. There are several types of this disease. Breast cancer screening from your doctor helps find breast cancer early, when it is easier to treat. The screening tests are mammograms and clinical breast exams.

**A mammogram** is an X-ray image of the breast.

During a **clinical breast exam**, your doctor checks for lumps and other changes.

## SCREENING RECOMMENDATIONS

**For women who are age 20–39**, Huntsman Cancer Institute recommends a clinical breast exam every year.

**For women who are age 40 and older**, Huntsman Cancer Institute recommends **a mammogram and a clinical breast exam every year**.

## SIGNS AND SYMPTOMS

These could be signs of cancer. If you feel or notice any of these things, talk to your doctor as soon as possible.



A lump or thickening in or near the breast or armpit



Fluid from the nipple that is not breast milk, especially if it is bloody



Dimples or puckering of the breast skin or armpit



Scaly, red, or swollen skin on the nipple, areola (the dark area of the skin around the nipple), or breast



A nipple turned inward toward the breast



Change in size or shape of the breast

## HOW TO PREVENT BREAST CANCER



**Know your body.** Signs of breast cancer are different for everyone. It is important to know how your breasts normally look and feel.



**Get screened regularly.** Ask your doctor which screening test is right for you.



**Avoid tobacco.** Avoid all forms of tobacco, including cigarettes, e-cigarettes, vaping, and chewing tobacco.



**Be physically active.** Exercise for at least 30 minutes each day.



**Eat healthy food.** Diets high in fruits and vegetables and low in fats, red meat, and processed meats can help prevent cancer.



**Limit alcohol consumption.** Drinking even small amounts of alcohol increases the risk of breast cancer.



**Know your family history.** Talk with your doctor about your own health history and your family's health history.



**Limit hormone therapies.** Hormonal replacement therapy is used to help with menopause symptoms but can increase the risk of cancer. Talk to your doctor about your options before taking any pills, herbs, creams, or supplements.



**QUESTIONS?**

**1-888-424-2100**

**[HUNTSMANCANCER.ORG/SCREENING](https://www.huntsman.org/screening)**

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