

## WHAT ARE COMMON BREAST CANCER SYMPTOMS?



A lump or thickening in the breast or under the arm

*Most women's breasts become lumpy as they grow older ... if you practice Breast Self Exam(BSE), you know what your breasts normally feel like and would recognize an unusual lump or thickness.*



A change in the size or shape of the breast

*Sometimes women notice that one breast is becoming larger or bulges where there weren't bulges before.*



Discharge from the nipple.

*The nipple drains some type of liquid. The liquid or discharge may be clear, or yellowish.*

*"Don't give up!"  
Mary Lou Davis (Caddo/Cherokee)*



A change in the color or feel of the skin of the breast or the skin around the nipple; this may be dimpling, puckering or scaliness of the skin.

*The skin feels differently than it used to ... the "dimples" look like dimples that some people have on their faces when they smile, but they appear on the breast.*



Other changes in skin color or texture, such as "orange peel" skin.

*The skin itself feels rougher and scallier.*



Swelling, redness or feeling of heat in the breast

*The swollen area feels hot to the touch.*

*"Life does get better!"  
Martha Red Willow (Oglala Sioux)*

*Note to the reader: If you notice any of these changes, don't panic (and don't be upset) but do have your breast(s) checked by your health care provider as soon as possible.*

BREAST CANCER SYMPTOMS

AT RISK FOR BREAST CANCER

MAMMOGRAM INFORMATION

BREAST EXAM INFORMATION