



# Breast Cancer



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**EVERY 3 MINUTES, A WOMAN IS DIAGNOSED WITH BREAST CANCER, THE SECOND LEADING CAUSE OF DEATH IN AMERICAN WOMEN. AN ESTIMATED 2,000 MEN ARE DIAGNOSED WITH THE DISEASE EVERY YEAR AS WELL.**

## Symptoms

The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Additional changes that may also be signs of cancer include:

- Dimpling or puckering of the skin
- Persistent swelling, redness, or warmth
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipple
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore, or scaling area on the nipple

## Mammography

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. Experts suggest women:

- Obtain regular mammography screenings starting at the age of 40
- Obtain annual clinical breast exams
- Obtain a risk assessment from a physician
- Perform monthly breast self exams

**Remember: if you have any questions or concerns, consult your physician.**

For more information, visit:

[www.nhbcc.org](http://www.nhbcc.org)

[www.breastcancer.org](http://www.breastcancer.org)