

## FIREFIGHTER CANCER INITIATIVE

**Breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.**

## Breast Cancer Symptoms

### Changes in how the breast or nipple looks or feels

- ❗ Nipple tenderness or a lump/thickening in or near the breast or underarm area (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous).
- ❗ A change in the skin texture or an enlargement of pores in the skin of the breast.

### Changes in the appearance of the breast or nipple

- ❗ Any unexplained change in the size or shape of the breast.
- ❗ Dimpling anywhere on the breast.
- ❗ Unexplained swelling of breast or shrinkage (especially only on one side).
- ❗ Recent asymmetry (unequal or lack of sameness) of the breasts. Although it is common for women to have one breast that is slightly larger than the other, if the onset of asymmetry is recent, it should be checked.

### Nipple discharge (particularly clear or bloody discharge)

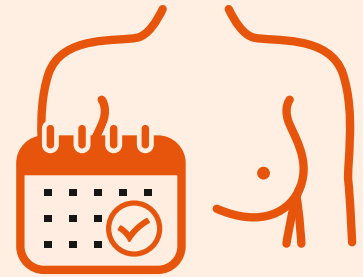
- ❗ Let your doctor know about any nipple discharge. The most concerning discharges are bloody or clear.

***Note:** Milky discharge present when a woman is not breastfeeding should be checked by a doctor, although not linked with breast cancer.*

**In addition to monthly self-exams**, a clinical breast exam may be performed by a qualified healthcare provider

**Women 40+** should have mammograms every 1 or 2 years

**Women <40** and have **risk factors for breast cancer** should ask their healthcare professional whether mammograms are advisable and how often to have them



### When to check?

Women of all ages should perform **monthly** breast self-exams.

### How to check?

#### In the shower or lying down

Check both breasts and armpit areas pressing down with light, medium, and firm pressure. Check for any lump, thickening, hardened knot, or any other breast changes. Squeeze the nipple; check for discharge and lumps.

#### In front of a mirror

Visually inspect breasts for any changes, first with your arms at your sides and next with arms raised high overhead.