

# WHAT SHOULD I BE DOING TO PROTECT MYSELF?

## Early Detection!!!



Monthly self breast exam



Clinical breast exams



Mammography



Seek medical advice  
if you are concerned



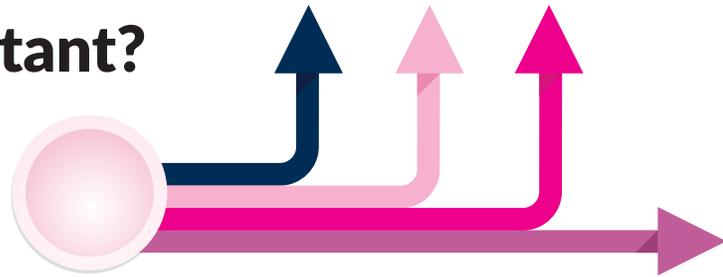
Be as knowledgeable  
as you can



Be persistent

## Why is early detection important?

Malignant cells can break away from a tumor and spread to other parts of the body (metastasis).



## What should I watch for?



- Early breast cancer is usually (but not always) painless
- Often found in the upper quadrant of the breast
- A lump or thickening
- Skin dimpling or puckering
- An inverted nipple (this is new for you)
- Discharge from the nipple
- Any change in shape, texture or color of the skin