

Are you breast cancer aware? Find out by answering the 7 questions in this leaflet.

### 1 When to get a mammogram?

Mammograms usually begin after age 40-50, when the breast is less dense allowing an x-ray to show cancer. The compression is similar to the feeling of getting your blood pressure taken. It can detect cancer 8 times out of 10.

Too young for a mammogram and suspect something? Ask about an ultrasound, MRI or biopsy as options for further investigation. (See other side for steps for detecting breast cancer.)

### 2 When do I self-exam?

Starting at age 20, self-exams are a casual way to understand what is normal for you between scheduled exams. Don't feel guilty if you don't do it often. It's not a substitute for a mammogram. (See other side for what to feel for in a self-exam.)

The best time to check? A few days after your period ends when you're least tender and swollen (and if you're over 40, an ideal time to schedule a mammogram). No period? Pick any day you like.

### 3 What do I look for?

Don't think of a breast self-exam as a hunt to find cancer, but to understand the normal landscape of your breasts. This involves both looking and feeling.

Look in the mirror with your arms up, then again with your hands on your hips. Turn to the side and then face forward. Check for any changes that look like these signs below.

### 4 What can my doctor do?

Create your breast cancer screening plan with your doctor as part of your regular check-up.

Start by discussing your family history and risk type. Then, use the time to learn how to self-exam when getting a clinical exam. We've got a handy form to make the chat easy (see link below).

### WHAT BREAST CANCER CAN LOOK & FEEL LIKE



### 5 What's my risk?

For women, the average lifetime risk for breast cancer is 1-in-8. Your breast cancer risk increases as you get older, as well as having a higher lifetime exposure to estrogen.

Most women (90%) diagnosed with breast cancer do not have a family history of the disease.

What's your risk?  
knowyourlemons.com



\*Download and print our risk assessment form and bring it with you to your next doctor's visit.  
knowyourlemons.com/riskform

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↑  
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## 6 What steps can I take to get answers?

Many symptoms of breast cancer are found by the patient, so reporting symptoms to a doctor is smart. However, mammograms can detect tiny lumps long before they can be felt, giving the best chance of early detection. When found at the earliest stage, the survival rate can be very high, so know your options.



# Let's fight breast cancer starting with you.



## 7 What am I feeling for?



Feel from your armpit to your collar bone to the bottom of your rib cage.

A cancerous lump is often hard and immovable, like a lemon seed. It can be any shape or size, or feel like a thick area.

Normal lumps (milk lobes and lymph nodes) feel like soft peas or beans.



### 7 THINGS YOU MUST KNOW



A message from The Mayor of Lemonland and...

**worldwide**  
breast cancer

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