

LIVING BEYOND BREAST CANCER®

Know your risk.
Know your normal.
Know your next step.

**Breast cancer can develop in
anyone with breast tissue.**

Know your risk

Your risk may be higher because of:

- Getting older
- Dense breast tissue
- Being assigned female at birth
- A personal or family history of breast cancer

**Having a risk factor does not mean you will
develop breast cancer.**

Know what is normal for you

Talk with a healthcare provider if you notice:

- A new lump or thickened area in your breast or underarm
- A change in breast size or shape
- Swelling, dimpling, redness, or flaky skin
- A nipple that pulls inward, unusual discharge, or persistent pain

**Most breast changes are not cancer, but any
new or unusual change should be checked.**

Turn over to make your screening plan



Make a screening plan

By age 40, talk with your healthcare provider about starting mammograms and whether screening every year or every two years is right for you.

If you have higher risk, you may need to begin screening earlier or have additional tests. After a mammogram, ask whether dense breast tissue changes your screening plan.

Support your breast health

You cannot control every risk factor, and no one causes their own cancer. **Two ways that you may be able to help lower your risk:**

- Avoiding or limiting alcohol
- Moving your body regularly

There is reason for hope

The breast cancer death rate has fallen 44% since 1989 because of earlier detection and better treatments.

Breast cancer is not one disease. Doctors use its type, stage, biomarkers, and other features to choose treatment for that specific cancer.

Start with a conversation

Learn more about your risk, screening, and breast health. **lbbc.org/risk**



Screening information reviewed September 2026. Recommendations may vary based on individual risk and medical history.