

About Breast Cancer

Anyone can get breast cancer.

No one likes to think about breast cancer. Yet it is one of the most common forms of cancer. It is good to know that finding breast cancer early can give you the best chance of surviving it.

The chance of getting breast cancer goes up as you get older. Having a family member with breast cancer also gives you a higher chance of getting it.

Family PACT covers the cost of breast cancer screening when done as part of a family planning visit.



We take care of our breast health.

Family PACT

Planning • Access • Care • Treatment

OFFICE OF FAMILY PLANNING
DEPARTMENT OF HEALTH CARE SERVICES

What can I do?

Early detection is key to breast cancer treatment. Here are some things you can do to help protect yourself:

- Get to know the normal look and feel of your breasts.
- Call your provider and get checked if you see or feel any changes.
- Ask your provider about when to start and how often to have a mammogram (x-ray exam of the breasts).

What breast changes should I look for?

It is important for you to get to know the normal look and feel of your breasts. Don't wait to call your provider if you notice:

- A lump or an area of the breast that feels harder
- A dimple or puckering of the skin
- A change in the shape of the breast
- An area of the breast that is red, flaky or swollen
- A nipple that is red, swollen, tender, or has turned inward
- A nipple that has discharge unless you are breastfeeding
- Any pain that does not go away

