Women in their 40s and older should have a mammogram every 1 to 2 years. Women should perform monthly breast self-exams to check for any changes in their breasts.

Changes include:

How the breast or nipple feels
- A lump or thickening, in or near the breast or underarm area.
- Nipple tenderness

How the breast or nipple looks
- A change in the size or shape of the breast
- A nipple turned inward into the breast
- The skin of the breast, areola, or nipple may be scaly, red or swollen. It may have ridges or pitting so that it looks like the skin of an orange.
- Nipple discharge (fluid)

Risk factors:

Age: The chance of getting breast cancer goes up as a woman gets older.

Family history: A woman’s risk of breast cancer is higher if her mother, sister or daughter had breast cancer.

Race: Breast cancer is diagnosed more often in Caucasian women than Latina, Asian or African-American women.

Being overweight or obese after menopause.

Lack of physical activity.

Drinking alcohol.

First menstrual period before age 12 and/or menopause after 55.

The older a woman is having her first child or never having children.

For more information go to www.cancer.gov
October is Breast Cancer Awareness Month

Breast cancer is the most common type of cancer (other than skin cancer) among women in the U.S.

Each year, more than 211,000 American women learn they have breast cancer.