



Breast cancer is the second most common cancer among women in the U.S. behind only skin cancer.

BREAST CANCER AWARENESS

Mammograms lead to early detection, making the disease easier to treat.

What are the warning signs?

- Lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area of the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast

If you have any signs that worry you, call your health care provider right away.

What are the risk factors?

- Being a woman and growing older
- A family history of breast cancer (parent, sibling or child)
- Hormone replacement therapy in menopause for more than five years
- Being overweight, particularly after menopause
- Never giving birth or being older when your first child is born

Take the right steps.

Learn more about breast and cervical cancer and the Florida Breast and Cervical Cancer Early Detection Program: flhealth.gov.

If you or someone you know needs a free or low-cost mammogram or Pap test, call the Florida Department of Health in your county.

Find phone numbers at flhealth.gov/cancer and click on the "Counties" tab at top.



Additional resources: cdc.gov/cancer/breast

Source: Centers for Disease Control & Prevention (CDC)