

When breast cancer is found at its earliest stage, 99% of people survive it.* To be proactive, start by taking note of how your breasts normally look and feel. That way you can notice even small changes right away.

While it's best to start getting screened at age 40, it's never too early to talk to your doctor about your breast health.

My breast exams					
Last self exam	Date:		Notes:		
Last mammogram	mmogram Date:		Notes:		
My bugget boulth company					
My breast health concerns					
My nipple(s) have changed		-	breast is red /feels hot	I think I felt a lump	
One part of my breast feels denser than the rest			_The skin on my breast is "dimpled" I've had discharge from my nipple		
NOTE: If you have one or more of these symptoms, schedule an exam as soon as possible.					
Questions to ask my family					
Did any women in my family have breast, ovarian or cervical cancer?					
Did any women in my family have early onset breast cancer (before age 50)?					
Have any men in my family had prostate cancer?					
Questions to ask my doctor					
How often should I do a self-check on my breasts?					
Should I get a mammogram every year? Starting when?					
Do I have "dense breasts"? If so, should I consider an MRI or breast ultrasound in addition to a mammogram?**					
How can I assess my risk of breast cancer? What if I am at high risk—what are my choices?					
Is genetic testing right for me?					
What lifestyle changes can I make to help lower my risk of breast cancer?					
Other questions or concerns					
Other questions of concerns					

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^{*}American Cancer Society. "Survival Rates for Breast Cancer." Last revised January 16, 2025. https://www.cancer.org/cancer/types/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html