



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.

Last self exam	Date:	Notes:
Last mammogram	Date:	Notes:

___ My nipple(s) have changed	___ My 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.		

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?

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?

As a result, the model is able to capture the complex relationships between the variables and provide a more accurate representation of the system. The model is also able to handle the uncertainty and variability in the data, which is a common challenge in many real-world applications. The model is also able to provide a clear and concise summary of the results, which is useful for decision-making and communication. The model is also able to provide a detailed analysis of the results, which is useful for understanding the underlying mechanisms and processes. The model is also able to provide a clear and concise summary of the results, which is useful for decision-making and communication. The model is also able to provide a detailed analysis of the results, which is useful for understanding the underlying mechanisms and processes.

