PROFESSIONAL RECOMMENDATIONS

WHY DO ORGANIZATIONS DISAGREE?

THE NEED FOR EDUCATION

WHILE MANY WOMEN LOOK TO LUMPS, A PROPER SELF-EXAM SHOULD ALSO INCLUDE CHECKING FOR:

- Changes in the breast shape or size, especially to one side
- New or changing lumps in the breast or underarm
- Skin dimpling, puckering, or pulling
- Nipple pain in one spot that does not go away
- Hard knots or thickening inside the breast
- Ridged or retracted nipple
- Redness and warmth in the breast
- Changes in the breast size or shape, especially to one side
- Dimpling, puckering, or pulling of the skin
- New or changing pain in the breast
- Itchy, scaly sores or rashes on the nipple
- Hard knots or thickening inside the breast
- Changes in the breast size or shape, especially to one side
- Nipple pain in one spot that does not go away
- Hard knots or thickening inside the breast
- Ridged or retracted nipple
- Redness and warmth in the breast

SOURCES