



# Be breast aware

Getting to know how your breasts normally look and feel is an important step in protecting yourself from breast cancer. It's called being 'breast aware'. Knowing what's normal for you makes it easier to spot any unusual changes if they occur. While nine out of 10 changes aren't breast cancer, it's important to be aware of them so you can have them investigated by your doctor as soon as possible.



## What you see & how you feel

Be aware of anything that is not normal for you, such as:

- a new lump or lumpiness, or changes to the breast size, shape or colour
- changes to the skin such as dimpling, puckering or a rash
- changes to a nipple, such as pulling inwards, discharge, or just feeling different
- unusual pain.

## How you can reduce your risk of breast cancer

You can reduce your risk by:

- limiting your alcohol intake. Research shows that even one drink a day increases your risk
- eating a healthy diet, with plenty of wholegrains, fruit and vegetables
- doing physical activity on most, preferably all, days
- maintaining a healthy weight.

## When to have breast screening

### Aged 50-74

If you are in this age range, you need to have a screening mammogram every two years. More than 75% of breast cancers occur in women aged over 50. Screening is free through BreastScreen Australia. Contact them on 13 20 50 to find a screening location near you.

### Aged in your 40s or over 75

Ask your doctor if breast screening is right for you. You have free access to the BreastScreen Australia screening program.

### Aged under 40

Breast screens are not as reliable, as the density of breast tissue in younger women makes it difficult to detect cancers on mammograms. Research has not shown that breast screening reduces deaths in this age group.

**You will not be able to have a mammogram if you have had a recent cancer diagnosis, are showing any breast symptoms, are pregnant or breastfeeding.**

For more information on breast screening and to find a screening location near you, call BreastScreen Australia on 13 20 50 or visit [cancerscreening.org.au](http://cancerscreening.org.au)

For more information about breast cancer, call Cancer Council on 13 11 20 or visit [cancer australia.gov.au](http://cancer australia.gov.au)

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**Disclaimer** This resource is designed to be informative and educational. It is not intended to provide specific medical advice, or replace advice from your health practitioner.

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