



# Protect Yourself from Breast Cancer KNOW THE FACTS

## Breast Cancer Screenings Saves Lives

### BREAST CANCER IS THE MOST COMMON CANCER IN CALIFORNIA WOMEN

Breast cancer screenings can find cancer before a person has any symptoms. The earlier cancer is found, the easier it is to treat. Doctors can find breast cancer early by doing a mammogram.

A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early and before it is big enough to feel or cause symptoms.

Your health care provider may also check the breasts for lumps and other changes during physical exam.

Be aware of your breasts. Know how your breasts look and feel normally. Let your doctor know if you see or feel any changes.

Talk with your doctor about when to start breast cancer screening and how often you should have a mammogram, especially if you

have an increased risk (e.g., family or personal history of breast or other cancers).

#### Some warning signs and/or symptoms of breast cancer include:

- Lump, mass, or swelling in the breast or underarm;
- Changes in size or shape of the breast;
- Change in skin texture and color (dimpling, puckering, redness, scaly skin, or thickening) of the breast or nipple;
- Nipple retraction or inversion;
- Nipple discharge; and/or
- Breast pain.

Please note that these warning signs and/or symptoms may occur with conditions other than breast cancer.



### You May Qualify for FREE Breast Cancer Screening if You:

- ✓ Are 40 years old or older
- ✓ Have low income
- ✓ Have no or limited insurance
- ✓ Live in California

### Call Us Today!

To see if you qualify for the Every Woman Counts Program, call **1-800-511-2300**.

For more information, please visit: [dhcs.ca.gov/EWC](http://dhcs.ca.gov/EWC)

