

What is Breast Cancer?

- Cancer is a disease where cells in the body change and grow out of control.
- When cancer starts in the breast, it is called breast cancer.
- Breast cancer is the most common cancer among women, but it can occur in anyone.
- Breast cancer screenings can find cancer before a person has any symptoms.
- The earlier cancer is found, the easier it is to treat.
- Breast cancer can be found early with routine screening.

Get Screened for Breast Cancer

- The main way to screen is by mammogram, an x-ray of the breasts that can find changes before there are any symptoms.
- Talk with your health care provider about your risk factors, when to start, and how often to get screened.
- For women of average risk, screenings can start at age 40.
- Your health care provider may also offer a clinical breast exam to check for changes.
- Be aware of your breasts. Know how they look and feel normally. Anyone, regardless of gender, should let their health care provider know right away if they see or feel any changes.

Signs & Symptoms Include, But Are Not Limited To:

- A new lump, mass, or swelling in the breast or underarm;
- Changes in the size or shape of the breast;
- Change in skin texture and color of the breast or nipple;
- Turning in of the nipple;
- Nipple discharge; and/or
- Breast pain that doesn't go away.

Please note: these signs & symptoms may occur with conditions other than breast cancer.

FREE Breast Cancer Screening & Diagnostics

If you have low income, do not have insurance, or have limited insurance, and live in California, you may be able to get free screening through the EWC Program. To learn more, call: **1-800-511-2300** or visit: **dhcs.ca.gov/EWC**