

Your Screening Record

Screening Test	Date
Mammogram Should be done every 1-2 years, on women 50+	
Clinical Breast Exam Should be done once a year by a doctor or nurse	
Get to know how your breasts look and feel. Report any changes or concerns to a doctor or nurse	

BBHN is in partnership with: Mount Sinai Hospital, Canadian Cancer Society, Parent Resources, Ralph Thornton, St. Michael's Hospital, South Riverdale Community Health Centre, Toronto Public Health and Canadian Breast Cancer Foundation-Ontario Chapter

Breast Health: Watch for breast changes

Building Breast Healthy Neighbourhoods' (BBHN)

A community education project to promote breast health awareness.

For more information and support please call:

(416) 461-1925 ext. 248



Be aware of breast changes



Lump



Skin dimpling



Change in skin colour or texture



Change in how the nipple looks, like pulling in of the nipple



Clear or bloody fluid that leaks out of the nipple

Images retrieved July 28, 2008 from: <http://www.4woman.gov/faq/cancer-illustrations-with-t.gif>

❖ Some lumps can not be found just by looking or touching. Have regular check-ups by a doctor or nurse.

What am I looking for?

You are looking for a lump or change that is different from how your breasts are normally. Knowing how your breasts look and feel will help you notice any changes.

Besides a lump or swelling, other changes to your breast might be:

- Skin irritation or dimpling
- Nipple pulling in, pain, or colour change
- Redness or rash of the breast skin
- Discharge from the nipple
- Swelling under the armpit or below the collarbone