

Know the Symptoms.

- **New lump in the breast or underarm (armpit).**
- **Thickening or swelling of part of the breast.**
- **Irritation or dimpling of breast skin. Redness or flaky skin in the nipple area.**
- **Nipple discharge other than breast milk, including blood.**
- **Any change in the size or shape of the breast.**
- **Pain in any area of the breast.**

Regularly check yourself and get a mammogram.