



Breast cancer: risk factors and warning signs

While regular mammograms can help you spot breast cancer before you notice symptoms, educating yourself on the risk factors and warning signs of breast cancer is another way you can increase your chances of catching the disease early. Take a few minutes to review the important information below — it could save your life.

Risk Factors



Just like with any cancer, there are some risk factors you can control and others you can't control. Your doctor can help you determine which risk factors apply to you so you can try and lower your risk. Remember that having one of the below risk factors only increases your risk, it doesn't necessarily mean you will get breast cancer.

- Changes in certain genes such as BRCA1 and BRCA2.
- Personal history of breast cancer, dense breasts or other breast problems.
- Family history of breast cancer.
- Previous treatment using radiation therapy.
- Early menstrual periods (before age 12).
- Starting menopause after age 55.
- Being overweight or obese after menopause.
- Long-term use of hormone replacement therapy.
- Having your first pregnancy after age 30.

Warning Signs



Make sure you know how your breasts look and feel when they are healthy so you can easily notice when something is off or wrong. Talk to your doctor if you experience any of the below symptoms.

- A new lump in the breast or underarm.
- Thickening or swelling of the breast.
- Breast or nipple pain.
- Skin irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or on the breast.
- Nipple discharge other than breast milk.

If you have any questions or concerns about breast cancer, call your doctor's office or bring them to your next appointment.

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ENGLISH: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-445-5747 (TTY: 1-800-735-2929).

ESPAÑOL: (SPANISH): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-445-5747 (TTY: 1-800-735-2929).

繁體中文 (CHINESE-TRADITIONAL): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-445-5747 (TTY: 1-800-735-2929)

TIẾNG VIỆT (VIETNAMESE): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-445-5747 (TTY: 1-800-735-2929).

Tagalog (TAGALOG – FILIPINO): PUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-445-5747 (TTY: 1-800-735-2929).

한국어 (KOREAN): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-445-5747 (TTY: 1-800-735-2929) 번으로 전화해 주십시오.

հայերեն (ARMENIAN): Ուժեղացրե՛ք Ձեր խոսումը եթ հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ջանգախարեք 1-800-445-5747 (TTY (հեռատիպ) 1-800-735-2929).

فارسی (PERSIAN-FARSI): توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-445-5747 (TTY: 1-800-735-2929) تماس بگیرید.

Русский (RUSSIAN): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-445-5747 (телетайп: 1-800-735-2929).

日本語 (JAPANESE): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます 1-800-445-5747 (TTY: 1-800-735-2929)。まで、お電話にてご連絡ください。

العربية (ARABIC): ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-445-5747 (رقم هاتف الصم والبكم: 1-800-735-2929).

ਪੰਜਾਬੀ (PUNJABI): ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਰਤਿ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। 1-800-445-5747 (TTY: 1-800-735-2929) 'ਤੇ ਕਾਲ ਕਰੋ।

ខ្មែរ (MON-KHMER, CAMBODIAN): ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចរ ទូរស័ព្ទ 1-800-445-5747 (TTY: 1-800-735-2929)។

Hmoob (HMONG): LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab txog lus, mua kevj pab dawb rau koj. Hu rau 1-800-445-5747 (TTY: 1-800-735-2929).

हिंदी (HINDI): ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएँ उपलब्ध हैं। 1-800-445-5747 (TTY: 1-800-735-2929) पर कॉल करें।

ไทย (THAI): หมายเหตุ: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-445-5747 (TTY: 1-800-735-2929)

ພາສາລາວ (LAOTIAN): ເປັນຄວາມສຳຄັນ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍ່ລິການຊ່ວຍເຫຼືອ ອັດຕະໂນພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄວມໝັ້ນຄົວ ອາດມີໃຫ້ທ່ານ. ໂທ 1-800-445-5747 (TTY: 1-800-735-2929).