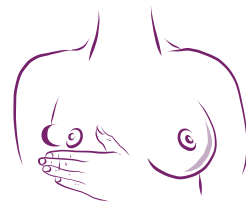


# KNOW YOUR NORMAL

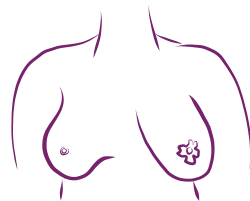
## BE BREAST AWARE.

Touch and look at your breasts regularly so you know how they normally look and feel – even take notice of any changes that are part of your regular cycle. Knowing your breasts will help you spot any changes quickly.



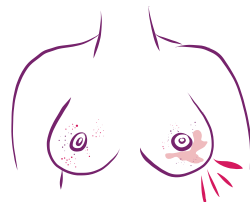
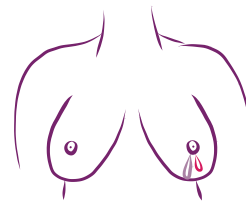
A lump in the breast, or a thickening or hardening of the skin.

Dimpling, puckering or depression in the breast or new inversion of the nipple.



Changes to size, shape of one nipple or breast.

Bloody or clear fluid leaking from the nipple.



Rashes, redness, heat, swelling, discomfort, or focal pain in one breast.

All new breast changes should be checked out by your health care provider. Not all new breast changes are cancerous but they do need to be assessed to ensure they are normal.

## MYTH-BUSTING

| MYTH:  | FACT:   |
|--|---|
| Antiperspirants cause breast cancer.                               | <b>No, there's no evidence to support this claim.</b>                               |
| Wearing an underwire bra causes breast cancer.                     | <b>No, there's no evidence to support this claim.</b>                               |
| If I don't have a family history of breast cancer, I won't get it. | <b>No, most people diagnosed with breast cancer have no known family history.</b>   |
| Breast cancer always causes a lump you can feel.                   | <b>No, breast cancer might not cause a lump, especially when it first develops.</b> |
| Putting a cell phone in your bra can cause breast cancer.          | <b>No, studies have not found an increase in the risk of breast cancer.</b>         |

## THIS IS TRUE.

We encourage everyone to look and feel for changes in their own breasts, but mammograms are still the most reliable method for increasing the chances of early detection of breast cancer.

Talk to your health care provider to see if screening is right for you.

**To book anywhere in Nova Scotia:**

**1-800-565-0548 (toll free)**  
**(902) 473-3960 (local)**  
**breastscreening.nshealth.ca**

### HAVE QUESTIONS?

Call 902-473-3960, 1-800-565-0548 (toll free), or visit [breastscreening.nshealth.ca](http://breastscreening.nshealth.ca)

