October is
Breast Cancer Awareness
Month!

Your Breast Health Roadmap

What to know at 25, 40, and every age

By Age 25

Know your risk

The American College of Radiology (ACR) **recomends all women, particularly Black and Ashkenazi Jewish women to have a risk assessment by age 25.**

This can help determine if screening earlier than age 40 is needed.

At Age 40

Make mammography part of your routine

For women at average risk, the ACR recommends **annual screening mammography beginning at age 40**.

Women at higher risk may need to start earlier or have additional screenings.

At Every Age

Know what's normal for you

You know your body best. **Experts recommend practicing breast self-awareness**, which means becoming familiar with how your breasts normally look and feel.

Speak with your provider if you notice any new or unusual changes.

1. American College of Radiology. (2023, May 3). New ACR breast cancer screening guidelines for high-risk women. https://www.acr.org/News-and-Publications/Media-Center/2023/New-ACR-Breast-Cancer-Screening-Guidelines-call-for-earlier-screening-for-high-risk-women
2. American College of Obstetricians and Gynecologists. (n.d.). Should I still be doing monthly self-exams of my breasts? https://www.acog.org/womens-health/experts-and-stories/ask-acog/monthly-self-exams-of-breasts

What is Breast Self-Awareness?

Know the changes. Know what's normal for you.

Practicing breast self-awareness means becoming familiar with how your breasts normally look and feel.

Watch for :

- **New breast or underarm lump**
- **New or persistent pain**
- **A change in size or shape of the breast**
- **Unexpected nipple discharge**
- **Thickening or swelling of the breast**
- **A change in nipple shape or turning inward**
- **Redness or flaky skin**
- **Skin dimpling or irritation**

Breast self-awareness does not replace routine mammograms or visits with your provider.

Centers for Disease Control and Prevention. (2026, April 15). Symptoms of breast cancer. https://www.cdc.gov/breast-cancer/symptoms/index.html