



## Breast Health Self-Exam Reminder

### You find a lump in your breast: What do you do next?

You've noticed a change in your breast— a lump that feels different than the surrounding tissue. Finding a lump may understandably stir worries of breast cancer. However, most lumps, about 80%, are benign. You should make an appointment with your doctor to have the lump evaluated. To prepare yourself for the visit, learn more about the changes that can occur in your breasts, anticipate what to expect during your doctor's appointment, and understand when more tests or procedures might be necessary.

Good Health is contagious!  
Catch some on the Eastside  
Allen Neighborhood Center  
May 2005

**For information on  
obtaining a free Breast  
Health Support Kit or to  
find out if you qualify for  
a free mammogram or  
clinical visit contact  
ANC at 367-2468**

*REMINDER*