



5 STEPS TO DETECTING BREAST CANCER EARLY:

1. Practice routine self-exams
2. Know your risks and family history
3. Visit your doctor regularly
4. Know when to get a mammogram
5. Follow-up after a screening or test

Don't Be a Boob!

Recognize these signs of male breast cancer

- **Painless or tender lump**, hard knot or thickening in the breast, chest or underarm area
- **Change in the size or shape** of the breast
- **Dimpling, puckering or redness** of the skin of the breast
- **Itchy, scaly sore or rash** on the nipple
- **Pulling in** of the nipple or other parts of the breast
- **Nipple discharge**



Information provided by **susan G. Komen**



<https://www.bcpp.org/resource/firefighters/>

<https://silentspring.org/project/women-firefighters-biomonitoring-collaborative>