Pain in any area of the breast
Pulling in of the nipple or pain in the nipple area
New lump in the breast or underarm (armpit)
Irritation or dimpling of breast skin
Thickening or swelling of part of the breast
Any change in the size or the shape of the breast
Redness or flaky skin in the nipple area or the breast
Nipple discharge other than breast milk, including blood

1 in 8 Black Women
will get Breast Cancer in their lifetime

Breast Cancer is the leading cause of cancer death for Black women.

Among women younger than 45, breast cancer incidence is higher among African American women than White women.
How To Be Your Own Best Advocate

Visit a doctor regularly and get screened.

Maintain a healthy weight and exercise regularly.

Eat more vegetables, grains, and fish and limit processed foods.

Know your family history of cancer.

Know your breasts and talk to a doctor about any changes you see or feel.

Call SHARE to speak with someone who can provide information, guidance, and support.

Younger women in general, and younger African American women in particular, are more likely to present with the triple negative subtype of the disease, a subtype that is both more aggressive and associated with a higher mortality.

African American women have a 31% breast cancer mortality rate – the highest of any U.S. racial or ethnic group.

If you have questions or need help, call 844.275.7427
We are here to help you!
@SHARECancerSupport