



Breast Cancer in Young Adults

Did you know that breast cancer can occur at any age? In fact, about nine percent of all new breast cancer cases are diagnosed in individuals under the age of 40. Many women in their 20s and 30s are surprised to learn this. If you or someone you love is in this age range, there are steps you can take to increase breast health and awareness.

What can I do?

- Perform regular breast health checks and monitor changes in your breasts. If you notice any changes, seek medical care as soon as possible. Although not all breast changes indicate cancer, it is important to have a breast exam to be sure. Changes to look out for include:
 - A lump or abnormality in the shape or feel of the breast.
 - A lump in the underarm area.
 - Swelling of all or part of the breast.
 - Irritation or dimpling of the skin.
 - Nipple retraction (nipple turning inward).
 - Rash or redness.
 - Spontaneous discharge from the nipple.
- To learn more about the symptoms of breast cancer please visit [KnowYourLemons.org](https://www.knowyourlemons.org).
- Learn your family history of cancer and inform your doctor if one or more of your relatives have been diagnosed with cancer.
- Talk to your health care provider about your risk factors and how to monitor your breast health.
- Remember that not all breast cancer is symptomatic. Following your provider's recommendations for breast health is essential.

Additional Resources

If you are uninsured or underinsured, contact the Breast and Cervical Cancer Control Navigation Program (BC3NP) for help with follow-up on identified breast changes. This program provides free breast and cervical cancer screening and diagnostic services for eligible individuals across the state.

To learn more about the BC3NP, call **844-446-8727** or visit **Michigan.gov/BC3NP**. Interpreters available.

Sources:

Centers for Disease Control, Bring Your Brave Campaign (2023)

Young Survival Coalition, Breast Cancer Detection (2023)

If you receive a cancer diagnosis, scan the QR code to access resources that may be helpful, including answers to frequently asked questions and informative videos.

