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## **MORE INFORMATION**

Every year, over 264,000 women in the United States are diagnosed with breast cancer. Since breast cancer is a common disease, it is important to understand the symptoms of breast cancer. Contact your doctor if you experience any of the following symptoms:

- A change in the size or shape of the breast
- Pain in any area of the breast
- Nipple discharge (other than breast milk), including blood
- Lumps in the breast or underarm

It is recommended that women over 50 years old get a mammogram every 2 years to check for breast cancer. It is important to know the signs of breast cancer, perform self-examinations, and stay up to date with your doctor's appointments.

There are many resources available through your doctor and online, like komen.org and breastcancer.org, to help you learn more and get the support you need to fight breast cancer.

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