

# CHECK YOURSELF



**Your breasts change over time.**  
These changes could be a sign of something more serious.



**Notice any of these changes?**

Make an appointment with your primary care provider to get your breasts checked.

**[Avera.org/mammogram](https://Avera.org/mammogram)**



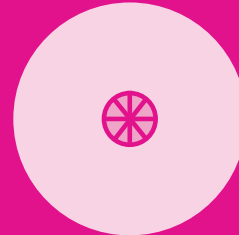
Change in size or shape



Redness or rash



Discharge



New inverted nipple



Lump



Puckering or dimpling (like orange peel)