

Talk with your health care provider.

It can help to prepare before you meet with your health care provider. Use the list below. Write down the breast changes you notice, as well as your **personal medical history** and your **family medical history** before your visit.

Tell your health care provider about breast changes or problems:

- These are the breast changes or problems I have noticed: _____
- This is what the breast change looks or feels like: _____
(For example: Is the lump hard or soft? Does your breast feel tender or swollen? How big is the lump? What color is the nipple discharge?)
- This is where the breast change is: _____
(For example: What part of the breast feels different? Do both breasts feel different or only one breast?)
- This is when I first noticed the breast change: _____
- Since then, this is the change I've noticed: _____
(For example: Has it stayed the same or gotten worse?)

Share your personal medical history:

- I've had these breast problems in the past: _____
- These are the breast exams and tests that I have had: _____
- My last mammogram was on this date: _____
- My last menstrual period began on this date: _____
- These are the medicines or herbs that I take: _____
- Right now, I: Have breast implants Am pregnant Am breastfeeding
- I've had this type of cancer before: _____

Share your family medical history:

- My family members have had these breast problems or diseases: _____
- These family members had **breast cancer**: _____
- They were this old when they had breast cancer: _____