

Make your **voice heard**

If you find something unusual during a **#Titcheck**, it's important to contact your doctor **ASAP**

Remember: You know your body and breasts best, and because of that, **YOU** are the most important member of your healthcare team. Here are some helpful tips to having a successful conversation with your doctor.



If you found an abnormality on your breast, but do not have a doctor or health insurance, check with your local social services agency or the Department of Health and Human Services to find out what options are available.

Do

- DO** see your doctor right away and inform them of any changes in your breasts (photos are helpful).
- DO** feel comfortable asking questions and asking for more information if you don't understand something.
- DO** bring a friend or family member who can provide support or advocate on your behalf.
- DO** keep your follow-up appointments if your doctor prescribes additional testing.

Do not

- DO NOT** feel embarrassed or ashamed. If you don't feel comfortable with your doctor, consider finding a new one.
- DO NOT** dismiss your gut. If you are being told "you are too young for breast cancer" or feel you aren't being treated with respect, you can speak to a supervisor, or patient navigator, or even seek a second opinion.

It is helpful to come prepared with some questions for your healthcare team, such as:



- Does my breast issue require further testing, like a sonogram or biopsy?
- At what age should I begin getting mammograms or other tests to regularly screen for breast cancer? (If you have a family history of breast cancer, you and your doctor may decide to begin regular screening before you turn 40.)
- When should I follow-up about this issue?