

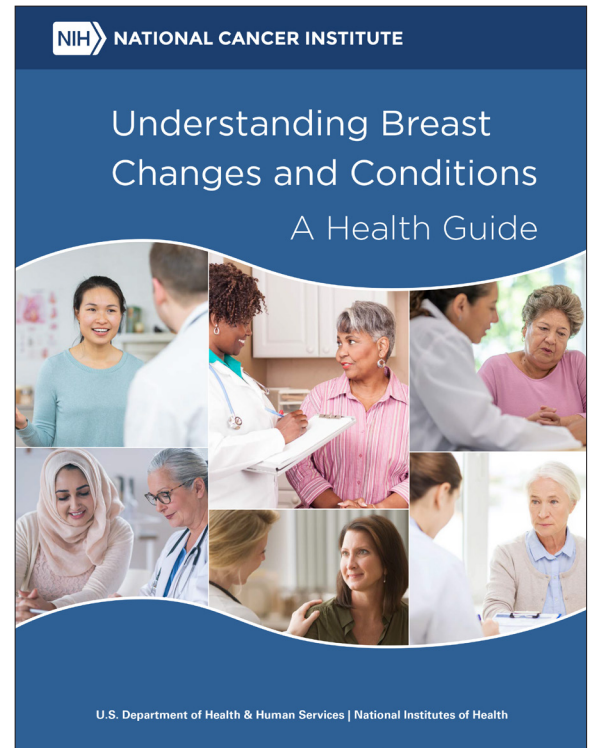


## Understanding Breast Changes and Conditions A Health Guide

Did you just receive an abnormal mammogram result, find a lump, or notice a change in your breast? If you did, keep in mind that breast changes are very common. Most abnormal mammogram findings are not cancer. However, it is important to follow up with your doctor or nurse after an abnormal mammogram finding or if you notice a breast change.

### What does this guide cover?

- abnormal and normal breast changes
- screening tests for breast cancer
- mammogram results
- follow-up tests to diagnose breast conditions and breast cancer
- benign breast conditions
- precancerous breast conditions
- ductal carcinoma in situ (DCIS)
- breast cancer



This guide is designed to be used in consultation with your doctor or nurse. It has medical images, quotes from other women, and questions to ask.

### How can I view this information in different formats?

You can access various formats of this information on your computer, phone, e-reader, or tablet on NCI's publications page at <https://www.cancer.gov/ubc-guide>. For questions about NCI's publications or to request print files, please email: [NCInfo@nih.gov](mailto:NCInfo@nih.gov).

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