

HealthCare

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## Health Assessment

Simple questions about your health

This assessment takes about 5 minutes and asks simple, easy-to-answer questions.

1. How old are you?

21

2. Have you felt any lumps in your breasts?

No

Yes

3. Do you experience any breast pain or discomfort?

No

Low

Medium

High

4. Does anyone in your family have a history of breast cancer?

No

Yes

5. Have you noticed any changes in breast texture or skin?

No

Yes

6. Have you noticed any lumps? If yes, how big (in cm)?

3

Don't know the exact size? That's okay - just give your best guess or leave blank.

Check Result

Important: This assessment is for informational purposes only. It is not a medical diagnosis. Please consult with a healthcare provider for proper medical evaluation.

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## Your Assessment Result

Here's what your answers tell us

Higher Risk

Your assessment indicates several factors that need professional attention. Please see a doctor as soon as possible.

Your Assessment Summary

Age	Lumps Felt
21 years	Yes
Family History	Texture Changes
No	Yes

### What Should You Do Next?

1

Schedule an urgent appointment with your doctor or gynecologist

2

Bring this assessment and any medical records with you

3

Be prepared to discuss all symptoms in detail

4

Your doctor may recommend imaging tests like mammogram or ultrasound

5

Follow your doctor's recommendations carefully

Important Disclaimer

This assessment is for informational purposes only and is not a medical diagnosis. Your results should

# Prevention & Healthy Living

Simple everyday habits that can help reduce your risk and support your overall health.



## Regular Exercise

Aim for at least 30 minutes of exercise most days of the week. This can be walking, dancing, swimming, or any activity you enjoy. Exercise helps maintain healthy weight and reduces breast cancer risk.



## Healthy Eating

Eat plenty of vegetables, fruits, whole grains, and lean proteins. Limit red meat and processed foods. A healthy diet supports overall wellness and reduces health risks.



## Limit Alcohol

If you drink, limit alcohol consumption. No more than 1 drink per day for women is recommended. Alcohol consumption is linked to increased breast cancer risk.



## Maintain Healthy Weight

Keep a healthy weight through balanced diet and exercise. Extra weight, especially after menopause, increases breast cancer risk. Talk to your doctor about a healthy weight for you.



ChatBot



ChatBot

Hi! How can I help you ?

hi



ChatBot

Hello! How can I assist you today?



ChatBot

I think I have breast cancer what should i do now



ChatBot

I'm sorry to hear that you're feeling this way. It's important to consult with a healthcare professional as soon as possible. They can provide a proper evaluation and guide you through the necessary steps, which may include a clinical breast exam, imaging tests like a mammogram or ultrasound, and possibly a biopsy if needed. Early detection and professional guidance are crucial. Take care and stay positive!

Message...



# Help & Resources

Support, information, and answers to common questions about breast cancer awareness.

## Helpful Resources & Support

### National Breast Cancer Hotline

1-800-4-CANCER (1-800-422-6237)

Free information and support 24/7

### Breast Cancer.org

Website: [www.breastcancer.org](http://www.breastcancer.org)

Comprehensive information and community support

### Susan G. Komen

Phone: 1-877-4-KOMEN (1-877-465-6636)

Research, education, and community programs

# Understanding Breast Cancer

Simple, easy-to-understand information about breast cancer that every woman should know.

Breast cancer is when cells in the breast grow in an abnormal way. While it sounds scary, catching it early gives you many more treatment options and much better chances of successful recovery. That's why knowing the basics is so important!

The good news? You have the power to take care of your health. By doing simple monthly self-checks and visiting your doctor regularly, you can catch any problems early.



## What is Breast Cancer?

Breast cancer is when cells in the breast grow abnormally. Regular checks help catch it early when treatment is most effective.



## Who Can Get It?

Breast cancer can affect women of any age. Most cases happen after age 50, but younger women should also stay aware and do self-checks.



## Early Detection Matters

Finding breast cancer in early stages means better treatment options and higher survival rates. Monthly self-exams are simple and important.



## When to See a Doctor

Visit your doctor if you notice lumps, pain, discharge, or skin changes. Regular mammograms after age 40 are also recommended.

## Simple Self-Examination Tips

### Visual Check (Mirror Method)

1. Stand shirtless in front of a mirror
2. Look for dimples or puckering
3. Check nipples for discharge
4. Raise arms and look for changes

### Tactile Check (Touch Method)

1. Lie on your back with pillow support
2. Use fingertips to check in circular motions
3. Check armpit area too
4. Repeat on both sides

## Warning Signs - When to See a Doctor

Contact your doctor right away if you notice:

- 1. A new lump or mass (especially if hard)
- 1. Redness or swelling
- 1. Dimpling or puckering of skin
- 1. Nipple discharge (especially bloody)
- 1. Nipple turning inward
- 1. Persistent breast pain in one area
- 1. Skin texture changes (like orange peel)
- 1. Swelling in armpit

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Monthly Self-Examination Guide

When to Check

Do your breast self-exam once a month, about 1 week after your period starts (or any day of the month if you don't have periods). Choose a day you'll remember easily.

How to Check - In Front of a Mirror

1. Stand in front of a mirror with arms at your sides

2. Look for any dimpling, puckering, or redness

3. Raise arms above your head and look again

4. Check for any discharge from the nipples

How to Check - By Touch

1. Lie on your back on your bed

2. Put a pillow under your right shoulder

3. Use your left hand to examine your right breast in a circular pattern

4. Use gentle pressure - you're checking for lumps or unusual thickening

5. Repeat on the left side with your right hand

What to Look For

Lumps or knots

Thickening or swelling

Dimpling or puckering of skin

Redness or warmth

Discharge from nipple

Remember: Breast tissue naturally has bumps and lumps. Don't panic if you find something unusual - most lumps are not cancer. However, if you notice something new or different from your normal, contact your doctor.





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Your Health Reports

View and manage all your predictions

Track your health assessments over time and manage your records.

Date	Age	Risk Level	Score	Lump	Pain	Family Hx	Actions
11/26/2025	21	High	9	Yes	Medium	No	 
11/26/2025	21	High	9	Yes	Medium	No	 

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Frequently Asked Questions

Q: What does a breast lump feel like?

A: A breast lump might feel like a hard mass, thickening, or swelling. It could be round, irregular shaped, tender, or painless. Many lumps are not cancer (like cysts or fibroadenomas), but any new lump should be checked by a doctor.

Q: Is breast pain a sign of cancer?

A: Breast pain alone is rarely a sign of cancer. However, any persistent pain or unusual symptoms should be discussed with your doctor. Cyclic pain related to your period is common and usually not serious.

Q: Can men get breast cancer?

A: Yes, men can get breast cancer, though it's rare. About 1 in 100 breast cancer cases occur in men. Men should also be aware of any changes in their breast tissue and report them to a doctor.

Q: At what age should I start mammograms?

A: Guidelines vary, but most experts recommend starting at age 40-50. However, if you have family history or other risk factors, talk to your doctor about starting earlier. Your individual risk profile matters most.

Q: What should I do if I find a lump?

A: Don't panic. About 80% of breast lumps are not cancer. But you should call your doctor and describe what you found. Your doctor will examine you and may order imaging tests if needed. Early evaluation is always better than waiting.

Q: How often should I do self-exams?

A: Check your breasts once a month, about a week after your period starts. This helps you know what's normal for you. Consistency is more important than perfect technique - you're learning your own normal pattern.

Q: Can stress cause breast cancer?

A: There's no direct evidence that stress causes breast cancer. However, chronic stress can affect overall health. Managing stress through exercise, sleep, and relaxation is good for your general wellness and peace of mind.