

My breast change and appointment notes

KNOW YOUR NORMAL | ONE PAGE TO BRING TO YOUR PROVIDER.

This page records a concern. It cannot diagnose a condition or rule out cancer. Contact a provider about a new change, even after a normal mammogram. Do not wait for another at-home check to ask for care.

Name _____ Date completed _____

First noticed _____ Breast or area _____

Location in my own words _____

What I noticed

Mark any that apply, including lump or thickening; skin change; nipple change; discharge; swelling or shape change; pain; other. Circle or underline your observations.

☐ Lump or thickening ☐ Skin change ☐ Nipple change ☐ Discharge

☐ Swelling or shape change ☐ Pain ☐ Other

Description _____

Has it changed since I noticed it _____

Other symptoms or relevant details _____

My appointment

Provider _____ Phone _____

Date contacted _____ Appointment _____

Last mammogram _____ Previous breast tests _____

Medications or hormone therapy _____

Relevant family history _____

Questions and follow-through.

What evaluation do I need _____

When and how will I receive results _____

Whom do I call if I have not received them _____

Next step and deadline _____

If the change continues, the plan is _____

Keep this page and your results for reference. Bring ongoing concerns back to your provider.