

Title: Breast Cancer Signs and Symptoms You Need to Know (:57)

Video Summary:

Breast cancer rates among young women are rising. That's why it's important to learn about the signs and symptoms of breast cancer and know how your breasts normally look and feel so you can talk to your doctor if you notice any changes.

Audio Descriptive Text:

Young Latina woman appears on screen, talking into the camera.

The screen cuts to the woman standing in front of a graphic that says, "1 in 10."

The woman then appears in front of a list of "Breast Cancer Signs You Need to Know."

As she speaks, she points to each warning sign in the list.

The woman disappears to show the full list:

- New lump in your breast or armpit
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in your nipple area or breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or shape of your breast
- Pain in any area of your breast
- Your breast is red or feels warm

The screen transitions to the woman standing in front of a graphic that says, "Learn more at [cdc.gov/bringyourbrave](https://www.cdc.gov/bringyourbrave)."