



UNIVERSITY OF ILLINOIS
EXTENSION

Helping You Put Knowledge to Work

On the Road to Breast Cancer Prevention

Teens: Breast Health

When girls go through puberty (going from being a girl to becoming a woman), your body goes through a lot of changes. One of the things that happens during that time is that your breasts will start to grow.



Breast Health

It is normal for some girls to start to develop breasts when they are 7 or 8 years old, while others don't start until they are 12 or 13.

Your breasts may be two different sizes during development but usually they will look about the same by the time they are done growing.

Some girls have hair around their nipples. This is completely normal.

“Is it normal if . . . ?”

If you have nipples that point in instead of out, you have "inverted nipples." This is normal and will not affect your health in any way.

If you have inverted nipples, it is important to keep them clean to avoid getting an infection in the skin around your nipple. If your nipples used to point out but have suddenly turned in, you should contact your doctor or health clinic for a visit.





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Breast Changes and Your Period

After you start to get your period, you may notice that your breasts become tender or sore about a week before you get your period each month. This soreness does not happen to everyone. If you are having pain, check with your doctor or health clinic.

Breasts can be smooth or lumpy. Your breasts may feel different or lumpy around the time of your period. If you notice a new lump in your breast and it does not go away after your period, you should call your doctor or health clinic.

Teens and Breast Cancer

Although breast cancer in teens is extremely rare, it's a good idea for girls to learn how to perform a breast self-exam (BSE) so they can get used to how their bodies feel normally.

After learning what is normal for them, teens can learn to recognize changes in their breasts.

Talk with your doctor if you notice any changes in your breasts that are not usual for you.



Sources:

<http://www.kidshealth.org/>
<http://www.youngwomenshealth.org/>