

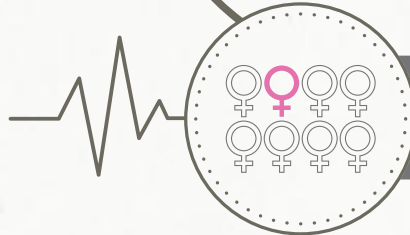
01. KNOW THE FACTS

Life isn't always obvious.
Just because they look the same, doesn't mean
they are.

Touch them, love them, save them.



survival rate for breast cancer
is almost 100% if breast cancer
is detected and treated early.



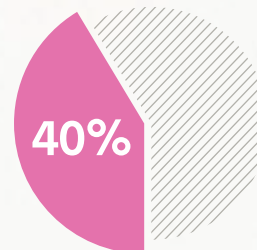
1 in 8 women are diagnosed with
breast cancer in their lifetime¹

Breast cancer is the 2nd leading cause
of death from cancer in
American women.²



- Women have a 40% risk of getting breast cancer
- Men have a .01% risk of getting breast cancer

40% of diagnosed breast
cancers are detected by
self-examination.



Breast cancer deaths can
be prevented through...



Early Detection

¹ American Cancer Society

² National Cancer Institute

02. TAKE CONTROL

You are never too young to take control of your cancer risk.

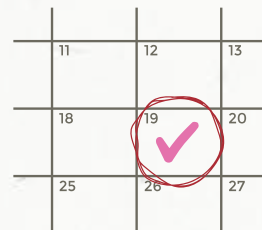
About 12 % of all invasive breast cancers happen under the age of 45.¹

Touch yourself in the shower!

Ask your partner to join the fun.

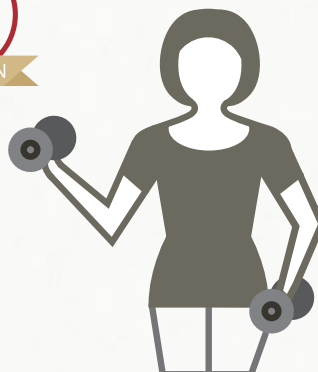
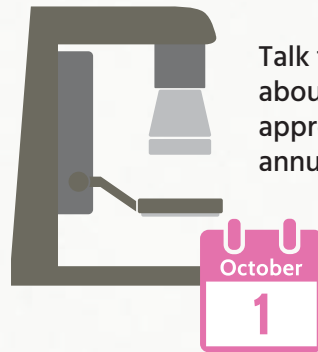


All women should perform a breast self-exam at least once a month.



Set a reminder on your and your loved ones calendar.

Talk to your doctor about when is appropriate to get an annual mammogram.



¹ American Cancer Society

² National Cancer Institute

03.

RESOURCES

See below for further information

Adult women of all ages are encouraged to perform breast self-exams at least once a month.

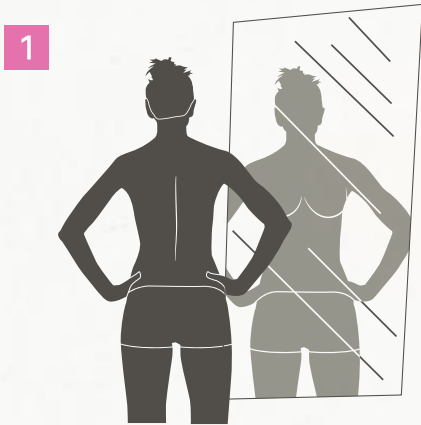
FOR MORE FACTS AND INFORMATION ON EARLY DETECTION, SCREENING, AND RISK FACTORS FOR BREAST CANCER PLEASE VISIT:

- National Breast Cancer Foundation (NBCF)
<http://www.nationalbreastcancer.org/early-detection-of-breast-cancer>
- National Cancer Institute (NCI)
<http://www.cancer.gov/types/breast/patient/breast-prevention-pdq>
- American Cancer Society (ACS)
<http://www.cancer.org/research/cancerfactsstatistics/breast-cancer-facts-figures>
<http://www.cancer.org/cancer/breastcancer/detailedguide>
- Create an early detection plan; find a screening clinic
<http://www.earlydetectionplan.org/>

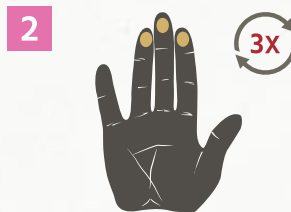
04.

INSTRUCTIONAL BREAST SELF-EXAM

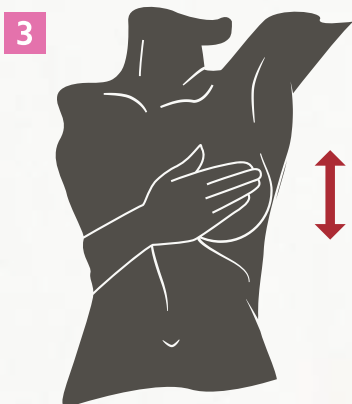
How we suggest you touch yourself!



1 Look in the mirror, shoulders straight, and arms on your hips. Turn side to side so you can inspect the outer path of your breasts.



2 Raise one arm behind your head. Use the pads of the first three fingers of your opposite hand to circle around your breast three times. Use light, medium, and firm pressure. Do not lift your fingers but walk them. Repeat on other breast.



3 Check the whole breast area, which includes below your collarbone and in your armpit by beginning at your breast-bone and walking your fingers up and down.



4 Lastly, squeeze your nipples gently and look for any discharge or pain.