

# EDUCATIONAL MATERIALS





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Susan G. Komen for the Cure® educational materials are developed using the latest research on breast cancer. We strive to produce materials that are easily understood by people of different cultural backgrounds. To achieve this, we focus test most of our materials to ensure the content and images are appropriate for the intended audience. Each of our materials can be purchased in packaged sets or downloaded for free as a PDF at [ShopKomen.com](https://www.shopkomen.com).

### Susan G. Komen for the Cure® recommends that you:

#### 1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer

#### 2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

#### 3. Know what is normal for you

- See your health care provider right away if you notice any of these breast changes:
  - Lump, hard knot or thickening
  - Swelling, warmth, redness or darkening
  - Change in the size or shape of the breast
  - Dimpling or puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts of the breast
  - Nipple discharge that starts suddenly
  - New pain in one spot that doesn't go away

#### 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

A1. **Breast Health Basics**

This flyer provides general facts about breast cancer in a simple and easy format. It's a great piece for young women as it emphasizes lifestyle choices, risk factors and breast cancer statistics.

*This title is also available in Spanish.*

(Previous Item No. 806-302a) **New Item No. KOMED070000**



A2.



A2. **Breast Health: Learn the Facts**

This brochure provides health education messages that include four topics related to taking charge of your breast health. Messages are related to risk, screening for breast cancer, knowing what is normal for you and making healthy lifestyle choices.

*This title is also available in Spanish.*

(Previous Item No. 806-303a) **New Item No. KOMED007000**

A3. **English BSA Card**

This durable, hanging card highlights the four topics of breast self-awareness — know your risk, get screened, know what's normal for you and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.

*This title is also available for other audiences. See sections for African American, Older Women, Spanish and other languages.*

(Previous Item No. 806-01301-EN) **New Item No. KOMED000400**



A4. **Breast Health Bookmark**

This bookmark is an ideal give-away at awareness events and breast health presentations. On the back, a breast self-awareness message that can enable people to take charge of their breast health is included.

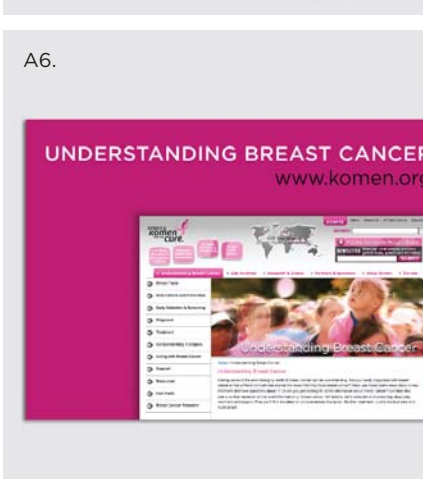
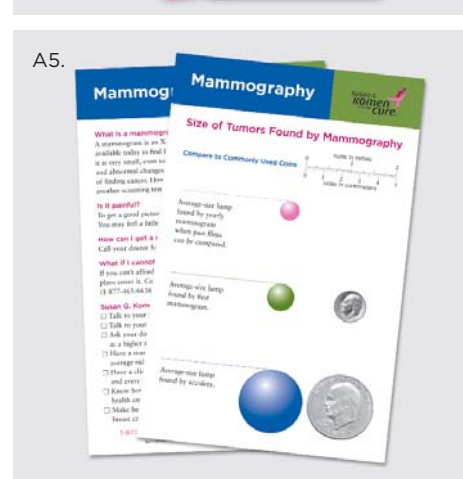
(Previous Item No. 806-08205-GAa) **New Item No. KOMED003500**

A5. **Mammography: A Picture Can Save a Life**

This card compares relative tumor sizes to common coin sizes and the frequency of a screening mammogram. It also answers common questions regarding mammography.

*This title is also available in Spanish.*

(Previous Item No. 806-304) **New Item No. KOMED007100**



A6. **Understanding Breast Cancer Web site Promotional Card**

This postcard promotes komen.org as the premier place for information about breast cancer. It is a great take-away for people who want to learn more.

(Previous Item No. 806-08530) **New Item No. KOMED401000**

A7.



**A7. Breast Health: What Every Woman Should Know**

This booklet covers topics about common breast changes, risk factors, screening and diagnostic tests, types and stages of breast cancer, treatment and support for breast cancer survivors. It guides the reader to better understand her breasts and her breast health. A resource section and glossary are included.

*This title is also available in Spanish and Arabic.*

(Previous Item No. 806-445-ENa) **New Item No. KOMED073000**

A8.



**A8. Complete Set of Facts for Life**

These topics are for people looking for more in-depth information about specific areas of breast health, breast cancer, screenings and treatments. For a complete listing of the Facts for Life series, please turn to page 30.

(Previous Item No. 806-358a) **New Item No. KOMED077000**

A9.



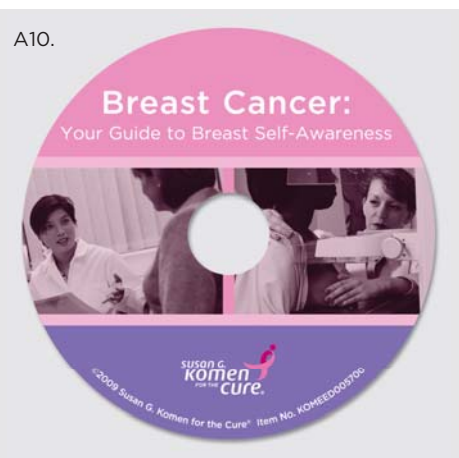
**A9. Breast Self-Awareness (BSA) Interactive Tool on CD-ROM**

This multimedia interactive tool discusses breast health, breast cancer and provides step-by-step instruction to performing breast self-examination (BSE). It also includes a self-test. For use on a computer.

*The tool provides three language options: English, Spanish or Hindi.*

(Previous Item No. 806-01505) **New Item No. KOMED001600**

A10.



**A10. Breast Cancer: Your Guide to Breast Self-Awareness (BSA)**

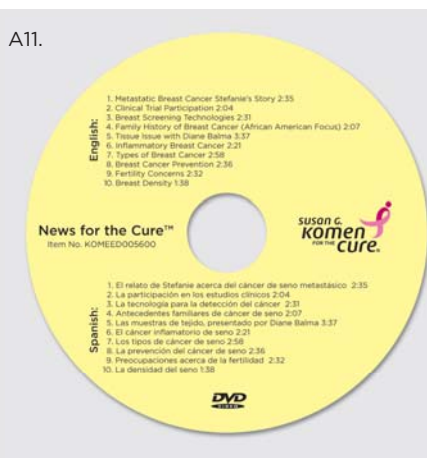
This video provides health education messages that include four topics related to taking charge of your breast health. The BSA messages are related to risk, screening for breast cancer, knowing what is normal for you and making healthy lifestyle choices. There are specific actions associated with each message. Steps to breast self-exam are also included. This is a great resource for breast health outreach presentations. Closed captioned.

*Running time: 12-15 minutes, varies by language. This title is available in English, Spanish and Arabic in DVD format. Also available in VHS format in Spanish.*

(Previous Item No. 806-11353 - DVD) **New Item No. KOMED005700**

(Previous Item No. 806-11301a - VHS) **New Item No. KOMED005500**

A11.



**A11. News for the Cure**

These news-style videos address a variety of topics about breast health news and information.

The videos cover topics ranging from people who have become empowered to manage their breast cancer and have survived to those who fought bravely but lost the battle. The videos also show doctors working to ensure quality care for all, as well as energized researchers working to find cures.

*Each DVD contains 10 segments in English and Spanish. Each segment runs between 1:30 to 2:30 minutes in length.*

(Previous Item No. 806-11352) **New Item No. KOMED005600**

## B1. Complete Set of Questions to Ask the Doctor

This is recommended for the newly diagnosed or those who have questions about their risk or their families' risk of breast cancer. Fourteen inserts prompt you to ask important, guided questions of your doctor. Thinking about the questions beforehand will help make the best use of your appointment time. For a complete listing of all available Questions to Ask the Doctor inserts, please turn to page 28.

*This title is also available in Spanish.*

(Previous Item No. 806-319) **New Item No. KOMED007600**

## B2. What I Can Do to Take Care of Me: Women talk about CAM

This booklet describes complementary therapies and how they can help patients as they go through treatment and recovery.

(Previous Item No. 806-08185) **New Item No. KOMED003300**

## B3. What Do I Need to Know About Breast Cancer?

This booklet addresses some popular myths about breast cancer.

*This title is also available in Spanish.*

(Previous Item No. 806-12577) **New Item No. KOMED071000**

## B4. What's Happening to Me? Coping and living with breast cancer

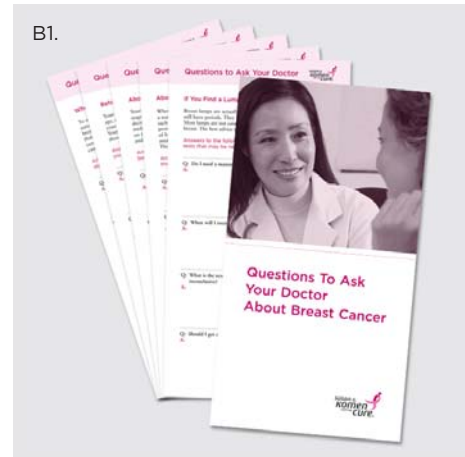
A diagnosis of breast cancer can be overwhelming. The shock of the diagnosis and the amount of new and vital information that needs to be understood can be overwhelming. This booklet provides a basic overview of breast cancer and the wide range of treatments available. It also addresses the emotional side of coping with breast cancer.

(Previous Item No. 806-417) **New Item No. KOMED039000**

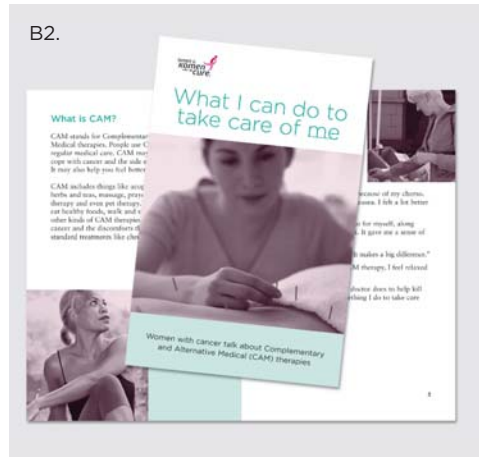
## B5. Your Life After Breast Cancer

This bilingual booklet is geared toward Spanish-speaking breast cancer survivors and co-survivors. It addresses methods for coping after a breast cancer diagnosis, children's need for understanding and what a partner may be feeling.

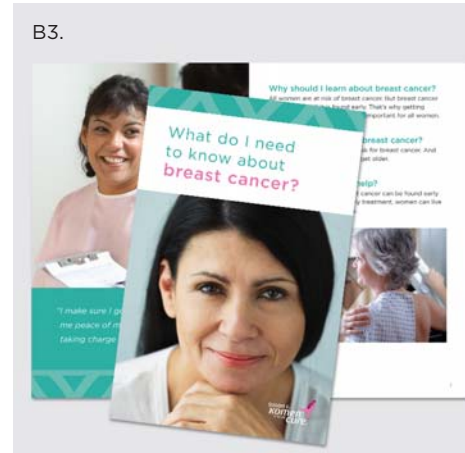
(Previous Item No. 806-14275) **New Item No. KOMED006400**



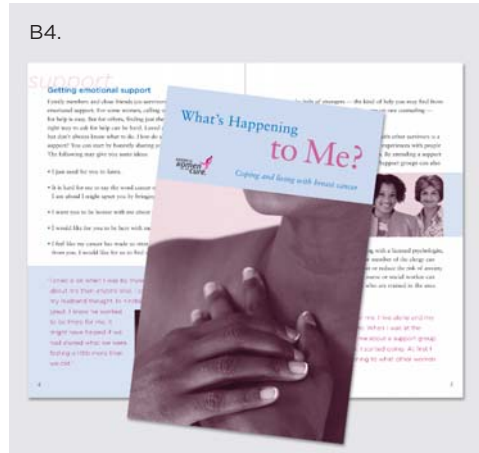
B1.



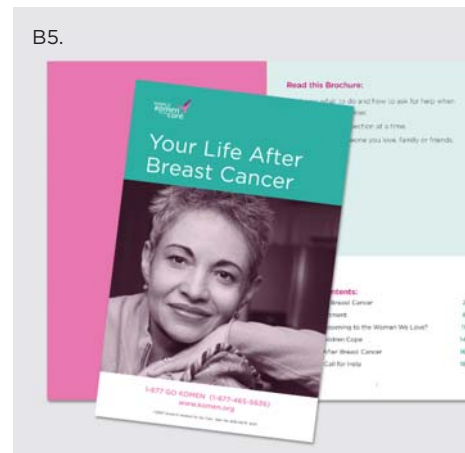
B2.



B3.




B4.



B5.





ShopKomen.com

**Did you know that making healthy lifestyle choices may reduce your risk of breast cancer?** Learn facts like this and much more from our educational materials found on ShopKomen.com. We offer materials that target nearly every community — the newly diagnosed, breast cancer survivors, co-survivors, African Americans, men, young women, older women, and people who speak other languages. Each of our materials can be purchased in packaged sets or downloaded for free as a PDF. Get your materials today at [www.ShopKomen.com](http://www.ShopKomen.com).

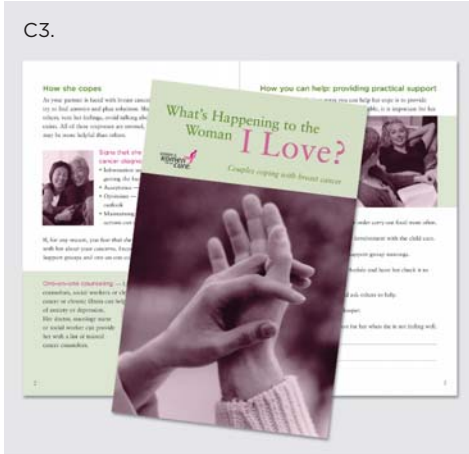
C1.



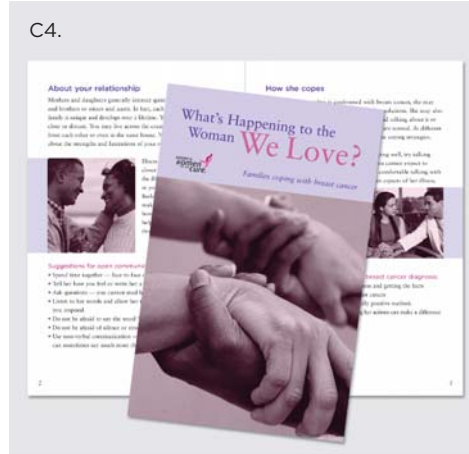
C2.



C3.



C4.



C5.



**CO-SURVIVORS:**

Family, friends, health care providers and colleagues — are sources of many different levels and types of support for a breast cancer survivor through diagnosis, treatment and beyond.

**C1. Co-Survivors: Helping the people you care about cope with breast cancer**

At times it may be hard to know what to say or do. But one thing you know for sure is that you want to help. We call these people offering help and support “co-survivors.” This brochure helps family, friends and colleagues find ways to be there every step of the way. Learn ways to take care of yourself as you stand by the person you care about.

(Previous Item No. 806-03852) **New Item No. KOMED002800**

**C2. What's Happening to Mom? Talking to your children about breast cancer**

This booklet explains the importance of being honest with children about their mom's diagnosis and treatment. It also offers ways to talk to children about breast cancer and to help them cope.

(Previous Item No. 806-418) **New Item No. KOMED040000**

**C3. What's Happening to the Woman I Love? Couples coping with breast cancer**

This booklet provides partners with information to better understand what the survivor may be going through. It also offers coping strategies for partners as they learn to cope with their own feelings of fear and uncertainty, and find support for their own needs.

(Previous Item No. 806-421) **New Item No. KOMED041000**

**C4. What's Happening to the Woman We Love? Families coping with breast cancer**

This booklet provides family members (co-survivors) with information to better understand what the survivor may be experiencing. Also, it offers coping strategies for family members as they cope with their own feelings and ways to find help and support for their own needs.

(Previous Item No. 806-416) **New Item No. KOMED038000**

**C5. The Hope Tree: Kids Talk About Breast Cancer**

The Hope Tree book was created for young children to help families talk about the difficult issues of breast cancer in healthy and hopeful ways. Drawn from real stories about mothers with cancer, this book focuses on ten key topics that often affect families dealing with illness.

(Previous Item No. 806-13250) **New Item No. KOMED006300**

D1.



D1. **African American Poster Set**

This poster set speaks to the African American community about breast self-awareness and includes knowing your risk, getting screened, knowing what's normal for you and making healthy lifestyle choices.

(Previous Item No. 806-435a)

**New Item No. KOMED079000**

D2. **African American BSA Card**

This durable, hanging card highlights the four topics of breast self-awareness — know your risk, get screened, know what's normal for you and make healthy lifestyle choices. It also includes information specific to African American women about incidence and mortality and step-by-step instructions for breast self-exam.

(Previous Item No. 806-01301-AA)

**New Item No. KOMED000100**

D3. **African American Breast Health Bookmark**

This bookmark is an ideal give-away at awareness events and presentations targeting African American women. Komen for the Cure's recommended breast self-awareness message is also included.

(Previous Item No. 806-08205a)

**New Item No. KOMED003600**

D2.



D3.



E1.



E2.



E1. **Men Can Get Breast Cancer**

Breast cancer in men is rare and is not often discussed. This brochure provides awareness messages and general facts about breast cancer in men.

*This title is also available in Spanish.*

(Previous Item No. 806-12701) **New Item No. KOMED005900**

E2. **Breast Cancer in Men**

This fact sheet provides an overview of breast cancer in men. For a complete listing of the Facts for Life series, please turn to page 30.

*This title is also available in Spanish online.*

(Previous Item No. 806-320a) **New Item No. KOMED007800**

**F1. Breast Health Basics**

This flyer provides general facts about breast health and breast cancer in a concise way. It emphasizes lifestyle choices, risk factors and breast cancer statistics.

*This title is also available in Spanish.*

(Previous Item No. 806-302a) **New Item No. KOMCEED070000**

**F2. We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Poster**

All women are at risk for breast cancer regardless of age. This poster reaches out to young women about breast self-awareness. This is a great resource for hospitals, clinics, universities and jobsites targeting young women.

*This title is also available in Spanish.*

(Previous Item No. 806-08446-ENa) **New Item No. KOMCEED004700**

**F3. Postcard: Don't your breasts deserve more attention...**

This postcard has an edgy message of advocacy to know your risk of breast cancer. Readers are driven to our Web site to learn more about risk factors.

(Previous Item No. 806-03312a) **New Item No. KOMCEED083000**

**F4. Postcard: Check yourself on the front**

This postcard emphasizes the need to become familiar with the normal look and feel of your breasts. Readers are driven to our Web site for breast self-exam instructions.

(Previous Item No. 806-03322a) **New Item No. KOMCEED002400**

**F5. Postcard: At last, advertising that feature breasts for a valid reason**

To continue to build breast health awareness, this postcard encourages women to make healthy lifestyle choices that may reduce the risk of breast cancer.

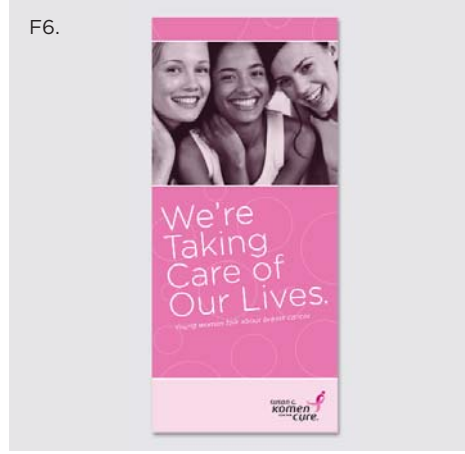
(Previous Item No. 806-03332a) **New Item No. KOMCEED002500**

**F6. We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Tri-fold Brochure**

This brochure reaches out to young women about breast self-awareness while giving statistics and ways to reduce the risk of breast cancer.

*This title is also available in Spanish.*

(Previous Item No. 806-13146-ENa) **New Item No. KOMCEED006100**



F7.



**F7. We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Booklet**

This is an ideal resource for building awareness about breast cancer in younger women. It also includes personal stories of young breast cancer survivors.

*This title is also available in Spanish.*

(Previous Item No. 806-01446-EnA) **New Item No. KOMIED001400**

**F8. Young Women and Breast Cancer**

This fact sheet provides an overview of breast cancer in young women. For a complete listing of the Facts for Life series, please turn to page 30.

*This title is also available in Spanish online.*

(Previous Item No. 806-352a) **New Item No. KOMIED008200**

F8.



**G1. Large Print BSA Card**

This durable card highlights the four topics of breast self-awareness — know your risk, get screened, know what's normal for you and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.

*This title is also available in Spanish.*

(Previous Item No. 806-01301-LP) **New Item No. KOMIED000900**

**G2. Take Charge: Older Women and Breast Cancer**

This booklet emphasizes breast self-awareness to include topics about knowing your risk, getting screened, knowing what's normal for you and making healthy lifestyle choices.

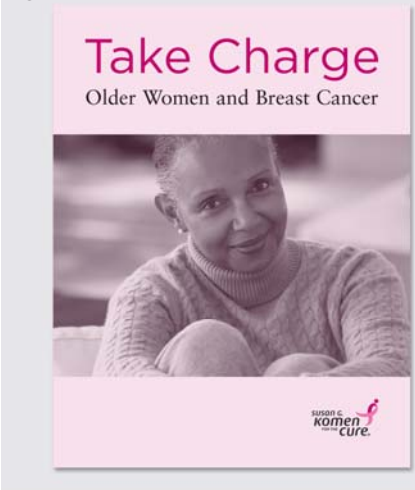
*Targeted for older women, this booklet uses large print and culturally appropriate graphics. This title is also available in Spanish.*

(Previous Item No. 806-307a) **New Item No. KOMIED007300**

G1.



G2.



For materials focused for lesbians, gay, bisexual and transgender people, women with disabilities or for more detailed information about breast health, breast cancer, screening and treatment please see the complete listing of Facts for Life on page 26.

H1. **Spanish Breast Health Basics**

This flyer provides general facts about breast health and breast cancer in a concise way. It emphasizes lifestyle choices, risk factors and breast cancer statistics.

*This title is also available in English.*

(Previous Item No. 806-302-SPa) **New Item No. KOMIED069000**

H2. **Spanish Breast Health: Learn the Facts**

This bilingual booklet provides health education messages that include four topics related to taking charge of your breast health. Messages are related to risk, screening for breast cancer, knowing what is normal for you and making healthy lifestyle choices.

*This title is also available in English.*

(Previous Item No. 806-303-SPa) **New Item No. KOMIED006900**

H3. **Spanish BSA Card**

This durable, hanging Spanish card highlights the four topics of breast self-awareness — know your risk, get screened, know what’s normal for you and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.

(Previous Item No. 806-01301-SP) **New Item No. KOMIED001200**

H4. **Complete Set of Questions to Ask the Doctor**

This is recommended for those who are newly diagnosed or who have questions about their risk or their families’ risk of breast cancer. Fourteen inserts prompt you to ask important, guided questions of your doctor. Thinking about the questions beforehand will help make the best use of your appointment time.

*For a complete listing of all available Questions to Ask the Doctor inserts, please turn to page 28. This title is also available in English.*

(Previous Item No. 806-319-SP) **New Item No. KOMIED076000**

H5. **Facts for Life**

For people looking for more in-depth discussions about specific areas of breast health, breast cancer, screenings and treatments.

*For a complete listing of the Facts for Life series, please turn to page 30. Spanish only available online in PDF format.*



H6.



H6. **What Do I Need to Know About Breast Cancer?**

This booklet addresses some popular myths about breast cancer.  
*This title is also available in English.*

(Previous Item No. 806-12577-SP) **New Item No. KOMED072000**

H7.



H7. **Spanish Breast Health: What Every Woman Should Know**

This booklet covers topics about common breast changes, risk factors, screening and diagnostic tests, types and stages of breast cancer, treatment and support for breast cancer survivors. It guides the reader to better understand her breasts and her breast health. A resource section and glossary are included.

*This title is also available in English and Arabic.*

(Previous Item No. 806-445-SPa) **New Item No. KOMED074000**

H8.



H8. **Spanish Mammography Card**

This card compares relative tumor sizes to common coin sizes and the frequency of a screening mammogram. It also answers common questions regarding mammography.

*This title is also available in English.*

(Previous Item No. 806-304-SP) **New Item No. KOMED007200**

H9. **Your Life After Breast Cancer**

This bilingual booklet is geared toward Spanish-speaking breast cancer survivors and co-survivors. It addresses methods for coping after a breast cancer diagnosis, her children's need for understanding and what her partner may be experiencing.

(Previous Item No. 806-14275) **New Item No. KOMED006400**

H9.



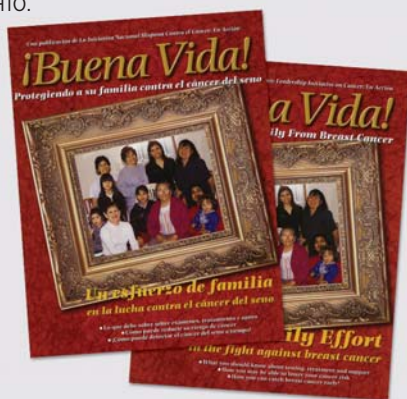
H10. **Buena Vida: Protecting Your Family from Breast Cancer**

This bilingual magazine addresses breast cancer risks, common screening methods, methods of treatment and patient and co-survivor support. It also offers breast cancer care recommendations, facts and statistics.

*The piece was developed in collaboration with Redes En Acción: The National Latino Cancer Research Network, Institute for Health Promotion Research and The University of Texas Health Science Center at San Antonio through a grant from the National Cancer Institute and Susan G. Komen for the Cure®. This is a free material with a limit of 5 lots per order (there are 10 magazines per lot).*

(Previous Item No. 806-12511) **New Item No. KOMED005800**

H10.



**H11. Spanish We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Booklet**

This booklet reaches out to young women with personal stories about breast cancer, encouraging them to take action by knowing their risk, getting screened, knowing what's normal and making healthy lifestyle choices.

*This title is also available in English.*

(Previous Item No. 806-01446-SPa) **New Item No. KOMED001500**

**H12. Spanish We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Tri-fold**

This brochure reaches out to young women about breast self-awareness while giving statistics and ways to reduce the risk of breast cancer.

*This title is also available in English.*

(Previous Item No. 806-13146-SPa) **New Item No. KOMED006200**

**H13. Spanish We're Taking Care of Our Lives: Young Women Talk About Breast Cancer Poster**

All women are at risk for breast cancer regardless of age. This poster reaches out to young women about breast self-awareness. This is a great resource for hospitals, clinics, universities and jobsites targeting young women.

*This title is also available in English.*

(Previous Item No. 806-08446-SPa) **New Item No. KOMED004800**

**H14. Spanish Large Print BSA Card**

This durable Spanish card highlights the four topics of breast self-awareness — know your risk, get screened, know what's normal for you and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.

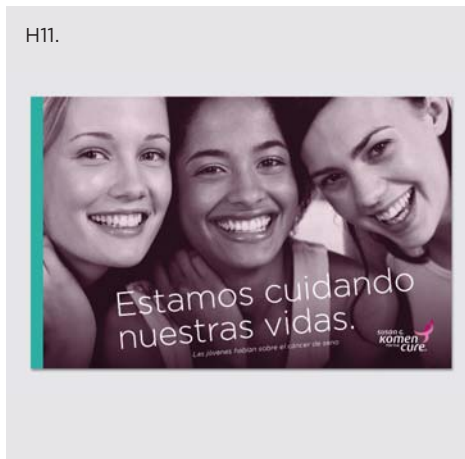
(Previous Item No. 806-01301-LS) **New Item No. KOMED001000**

**H15. Spanish Take Charge: Older Women and Breast Cancer**

This booklet emphasizes breast self-awareness to include topics about knowing your risk, getting screened, knowing what's normal for you and making healthy lifestyle choices.

*Targeted for older women, this booklet uses large print and culturally appropriate graphics. This title is also available in English.*

(Previous Item No. 806-307-SPa) **New Item No. KOMED007300**



H16.



H16. **Spanish Men Can Get Breast Cancer**

Breast cancer in men is rare and is not often discussed. This brochure provides awareness messages and general facts about breast cancer in men.

*This title is also available in English.*

(Previous Item No. 806-12701-SP) **New Item No. KOMCEED006000**

H17.



H17. **Breast Self-Awareness (BSA) Interactive Tool on CD-ROM**

This multimedia interactive tool discusses breast health, breast cancer and provides step-by-step instruction to performing breast self-examination. It also includes a self-test. For use on a computer.

*The tool provides three language options: English, Spanish or Hindi.*

(Previous Item No. 806-01505) **New Item No. KOMCEED001600**

H18.



H18. **Breast Cancer: Your Guide to Breast Self-Awareness**

Breast Cancer: Your Guide to Breast Self-Awareness (BSA) provides health education messages that include four topics related to taking charge of your breast health. The BSA messages are related to risk, screening for breast cancer, knowing what is normal for you and making healthy lifestyle choices. There are specific actions associated with each message. Steps to breast self-exam are also included. This is a great resource for breast health presentations. Closed captioned.

*Running time: 12-15 minutes, varies by language. This title is available in English, Spanish and Arabic in DVD format. Also available in VHS format in English.*

(Previous Item No. 806-11353 - DVD) **New Item No. KOMCEED005700**

(Previous Item No. 806-11301-SPA - VHS) **New Item No. KOMCEED005400**

H19.



H19. **Spanish News for the Cure**

These news-style videos address a variety of topics about breast health news and information.

The videos cover topics ranging from people who have become empowered to manage their breast cancer and have survived to those who fought bravely but lost the battle. The videos also show doctors working to ensure quality care for all, as well as energized researchers working to find cures.

*Each DVD contains 10 segments in English and Spanish. Each segment runs between 1:30 to 2:30 minutes in length.*

(Previous Item No. 806-11352) **New Item No. KOMCEED005600**

# BSA CARDS IN OTHER LANGUAGES

For more information, visit our Web site or call our breast care helpline.  
www.komen.org 1-877 GO KOMEN (1-877-465-6636)

These hanging, durable cards highlight the four topics of breast self-awareness — know your risk, get screened, know what’s normal for you and make healthy lifestyle choices. They also include step-by-step instructions for breast self-exam.



J1. **Chinese BSA Card**  
(Previous Item No. 806-0301-CH) **New Item No. KOMED000300**

J2. **French BSA Card**  
(Previous Item No. 806-01301-FR) **New Item No. KOMED000500**

J3. **German BSA Card**  
*Only available online in PDF format.*

J4. **Italian BSA Card**  
*Only available online in PDF format.*

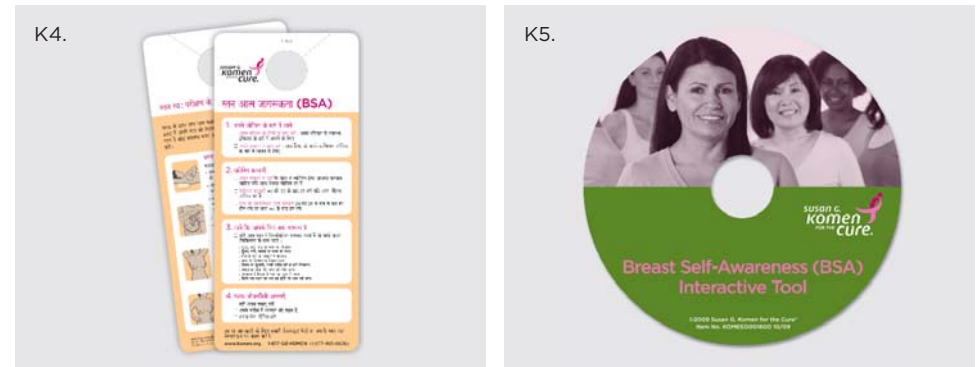
J5. **Japanese BSA Card**  
(Previous Item No. 806-01301-JP) **New Item No. KOMED000700**

J6. **Korean BSA Card**  
(Previous Item No. 806-01301-KR) **New Item No. KOMED000800**

J7. **Russian BSA Card**  
(Previous Item No. 806-01301-RU) **New Item No. KOMED001100**

J8. **Turkish BSA Card**  
*Only available online in PDF format.*

J9. **Vietnamese BSA Card**  
(Previous Item No. 806-01301-VI) **New Item No. KOMED001300**



K1. **Arabic BSA Card**  
 This Arabic card highlights the four topics of breast self-awareness — know your risk, get screened, know what’s normal and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.  
 (Previous Item No. 806-01301-AR) **New Item No. KOMED000200**

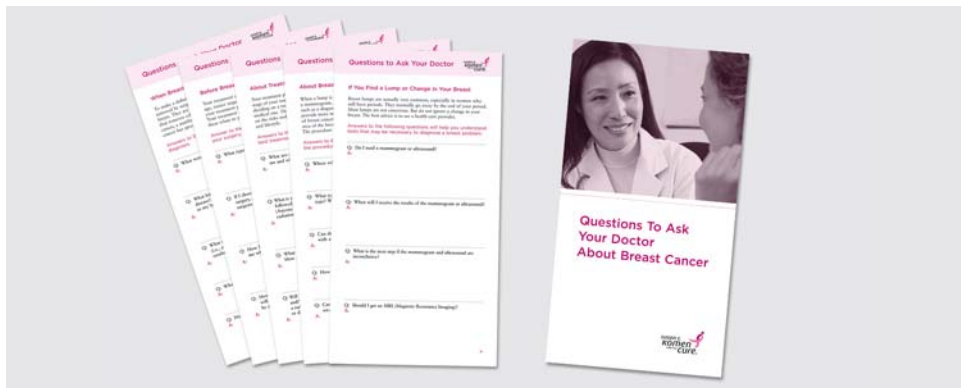
K2. **Breast Cancer: Your Guide to Breast Self-Awareness**  
 This DVD provides health education messages related to risk, screening, knowing what is normal for you and making healthy lifestyle choices. There are specific actions associated with each message. Steps to breast self-exam are also included.  
*Running time: 12-15 minutes, varies by language. This title is available in English, Spanish and Arabic in DVD format. Also available in VHS format in English and Spanish.*  
 (Previous Item No. 806-11353 - DVD) **New Item No. KOMED005700**

K3. **Arabic Breast Health: What Every Woman Should Know**  
 This booklet in Arabic and English covers topics about common breast changes, risk factors, screening and diagnostic tests, types and stages of breast cancer, treatment and support for breast cancer survivors. It guides the reader to better understand her breasts and her breast health. A resource section and glossary are included.  
*This title is also available in English and Spanish.*  
 (Previous Item No. 806-445-ARa) **New Item No. KOMED078000**

K4. **Hindi BSA Card**  
 This Hindi card highlights the four topics of breast self-awareness — know your risk, get screened, know what’s normal and make healthy lifestyle choices. It also includes step-by-step instructions for breast self-exam.  
 (Previous Item No. 806-01301-HD) **New Item No. KOMED000600**

K5. **Breast Self-Awareness (BSA) Interactive Tool**  
 This multimedia interactive tool discusses breast health, breast cancer and provides step-by-step instruction for breast self-examination. It also includes a self-test. For use on a computer.  
*The tool provides three language options: English, Spanish or Hindi.*  
 (Previous Item No. 806-01505) **New Item No. KOMED001600**

# QUESTIONS TO ASK THE DOCTOR



Susan G. Komen for the Cure® recommends the Question to Ask the Doctor series for people who are newly diagnosed or who may just have questions about their risk or their families' risk of breast cancer. Learning about your breast cancer and specific diagnosis and treatment options allows you to ask important, guided questions of your doctor. You can use these materials to help you talk with your doctors. Thinking about the questions ahead of time will help make the best use of your appointment time. You may build your own set of question cards by ordering empty folders and the specific cards to meet your needs.

## English

Empty Folders	(Previous Item No. 806-451) <b>New Item No. KOMCEED042000</b>
Complete Set	(Previous Item No. 806-319) <b>New Item No. KOMCEED007600</b>
If you find a lump in your breast	(Previous Item No. 806-452) <b>New Item No. KOMCEED044000</b>
When breast cancer is diagnosed	(Previous Item No. 806-453) <b>New Item No. KOMCEED046000</b>
About breast biopsy	(Previous Item No. 806-454) <b>New Item No. KOMCEED048000</b>
About treatment choices	(Previous Item No. 806-455) <b>New Item No. KOMCEED050000</b>
Before breast surgery	(Previous Item No. 806-456) <b>New Item No. KOMCEED052000</b>
After breast surgery	(Previous Item No. 806-457) <b>New Item No. KOMCEED054000</b>
About reconstructive breast surgery	(Previous Item No. 806-458) <b>New Item No. KOMCEED056000</b>
About breast cancer chemotherapy	(Previous Item No. 806-459) <b>New Item No. KOMCEED058000</b>
About radiation therapy	(Previous Item No. 806-460) <b>New Item No. KOMCEED060000</b>
About hormone therapy	(Previous Item No. 806-461) <b>New Item No. KOMCEED062000</b>
About lymphedema	(Previous Item No. 806-462) <b>New Item No. KOMCEED064000</b>
If someone you love has breast cancer	(Previous Item No. 806-463) <b>New Item No. KOMCEED066000</b>
Mammography	(Previous Item No. 806-09100) <b>New Item No. KOMCEED004900</b>
Genes and breast cancer risk	(Previous Item No. 806-09200) <b>New Item No. KOMCEED005100</b>



Susan G. Komen for the Cure® recommends the Question to Ask the Doctor series for people who are newly diagnosed or who may just have questions about their risk or their families' risk of breast cancer. Learning about your breast cancer and specific diagnosis and treatment options allows you to ask important, guided questions of your doctor. You can use these materials to help you talk with your doctors. Thinking about the questions ahead of time will help make the best use of your appointment time. You may build your own set of question cards by ordering empty folders and the specific cards to meet your needs.

## Spanish

Empty Folders	(Previous Item No. 806-451-SP) <b>New Item No. KOMCEED043000</b>
Complete Set	(Previous Item No. 806-319-SP) <b>New Item No. KOMCEED076000</b>
If you find a lump in your breast	(Previous Item No. 806-452-SP) <b>New Item No. KOMCEED045000</b>
When breast cancer is diagnosed	(Previous Item No. 806-453-SP) <b>New item No. KOMCEED047000</b>
About breast biopsy	(Previous Item No. 806-454-SP) <b>New Item No. KOMCEED049000</b>
About treatment choices	(Previous Item No. 806-455-SP) <b>New item No. KOMCEED051000</b>
Before breast surgery	(Previous Item No. 806-456-SP) <b>New Item No. KOMCEED053000</b>
After breast surgery	(Previous Item No. 806-457-SP) <b>New Item No. KOMCEED055000</b>
About reconstructive breast surgery	(Previous Item No. 806-458-SP) <b>New Item No. KOMCEED057000</b>
About breast cancer chemotherapy	(Previous Item No. 806-459-SP) <b>New Item No. KOMCEED059000</b>
About radiation therapy	(Previous Item No. 806-460-SP) <b>New Item No. KOMCEED061000</b>
About hormone therapy	(Previous Item No. 806-461-SP) <b>New Item No. KOMCEED063000</b>
About lymphedema	(Previous Item No. 806-462-SP) <b>New Item No. KOMCEED065000</b>
If someone you love has breast cancer	(Previous Item No. 806-463-SP) <b>New Item No. KOMCEED067000</b>
Mammography	(Previous Item No. 806-09100-SP) <b>New Item No. KOMCEED005000</b>
Genes and breast cancer risk	(Previous Item No. 806-09200-SP) <b>New Item No. KOMCEED005200</b>



We recommend the Facts for Life series for those people looking for more in-depth information about more specific areas of breast health, breast cancer, screenings and treatments. *Spanish available online only.*

**Complete Set of Facts For Life Topics**  
(Previous Item No. 806-358a) **New Item No. KOMCEED008700**

**The Breast And Breast Cancer Topics**

**Benign Breast Conditions**  
(Previous Item No. 806-377a) **New Item No. KOMCEED009700**

**Breast Cancer Facts**  
(Previous Item No. 806-316a) **New Item No. KOMCEED007500**

**What is Breast Cancer?**  
(Previous Item No. 806-368a) **New Item No. KOMCEED008800**

**Risk Factors and Prevention Topics**

**Breast Cancer Risk Factors**  
(Previous Item No. 806-372a) **New Item No. KOMCEED009200**

**Genetics and Breast Cancer**  
(Previous Item No. 806-371a) **New Item No. KOMCEED009100**

**Healthy Living**  
(Previous Item No. 806-376a) **New Item No. KOMCEED009600**

**How Hormones Affect Breast Cancer**  
(Previous Item No. 806-370a) **New Item No. KOMCEED009000**

**Prophylactic Mastectomy**  
(Previous Item No. 806-356a) **New Item No. KOMCEED008600**

**Special Populations and Breast Cancer Topics**

**Breast Cancer in Men**  
(Previous Item No. 806-320a) **New Item No. KOMCEED007800**

**Breast Cancer in Pregnancy**  
(Previous Item No. 806-03750a) **New Item No. KOMCEED002600**

**Lesbian, Gay, Bisexual and Transgender**  
(Previous Item No. 806-322a) **New Item No. KOMCEED007900**

**Racial and Ethnic Differences**  
(Previous Item No. 806-373a) **New Item No. KOMCEED009300**

**Women with Disabilities**  
(Previous Item No. 806-03752a) **New Item No. KOMCEED002700**

**Young Women and Breast Cancer**  
(Previous Item No. 806-352a) **New Item No. KOMCEED008200**

**Early Detection Topics**

**Breast Cancer Detection**  
(Previous Item No. 806-374a) **New Item No. KOMCEED009400**

**Breast Imaging Methods**  
(Previous Item No. 806-378a) **New Item No. KOMCEED009800**

**Mammography**  
(Previous Item No. 806-375a) **New Item No. KOMCEED009500**

**Diagnosing and Staging Breast Cancer Topics**

**Axillary Lymph Nodes**  
(Previous Item No. 806-392a) **New Item No. KOMCEED022000**

**Biopsy**  
(Previous Item No. 806-380a) **New Item No. KOMCEED010000**

**Breast Calcifications**  
(Previous Item No. 806-03203a) **New Item No. KOMCEED002100**

**Ductal Carcinoma in situ**  
(Previous Item No. 806-384a) **New Item No. KOMCEED014000**

**End-of-Life Care**  
(Previous Item No. 806-03161a) **New Item No. KOMCEED001800**

**Inflammatory Breast Cancer**  
(Previous Item No. 806-03202a) **New Item No. KOMCEED002000**

**Life After Treatment**  
(Previous Item No. 806-03160a) **New Item No. KOMCEED001700**

**Metastatic Breast Cancer**  
(Previous Item No. 806-03201a) **New Item No. KOMCEED001900**

**Paget's Disease**  
(Previous Item No. 806-03230a) **New Item No. KOMCEED002200**

**Prognostic Factors**  
(Previous Item No. 806-379a) **New Item No. KOMCEED009900**

**Triple Negative Breast Cancer**  
**Item No. KOMCEED079100**

**Types of Breast Cancer Tumors**  
(Previous Item No. 806-369a) **New Item No. KOMCEED008900**

**When the Diagnosis is Cancer: An Overview**  
(Previous Item No. 806-382a) **New Item No. KOMCEED012000**

**When you Discover a Lump or Change**  
(Previous Item No. 806-381a) **New Item No. KOMCEED011000**

**Treatment Topics**

**Aromatase Inhibitors**  
(Previous Item No. 806-03910a) **New Item No. KOMCEED003000**

**Breast Reconstruction and Prosthesis**  
(Previous Item No. 806-395a) **New Item No. KOMCEED025000**

**Breast Surgery**  
(Previous Item No. 806-394a) **New Item No. KOMCEED024000**

**Chemotherapy and Side Effects**  
**Item No. KOMCEED082000**

**Clinical Trials**  
(Previous Item No. 806-314a) **New Item No. KOMCEED005300**

**Complementary Therapies**  
(Previous Item No. 806-397a) **New Item No. KOMCEED027000**

**Current Research on Drugs and Treatment**  
(Previous Item No. 806-398a) **New Item No. KOMCEED028000**

**Diet and Nutrition During Treatment**  
(Previous Item No. 806-399a) **New Item No. KOMCEED029000**

**Hormone Therapy**  
(Previous Item No. 806-393a) **New Item No. KOMCEED023000**

**Making Treatment Decisions**  
(Previous Item No. 806-387a) **New Item No. KOMCEED017000**

**Radiation Therapy and Side Effects**  
**Item No. KOMCEED081000**

**Tamoxifen**  
(Previous Item No. 806-326a) **New Item No. KOMCEED008100**

**Targeted Therapy**  
(Previous Item No. 806-03920a) **New Item No. KOMCEED003200**

**Treatment Choices — An Overview**  
(Previous Item No. 806-386a) **New Item No. KOMCEED016000**

**After Treatment/  
Living With Breast Cancer Topics**

**Follow-Up**  
(Previous Item No. 806-354a) **New Item No. KOMCEED008300**

**If Breast Cancer Returns**  
(Previous Item No. 806-355a) **New Item No. KOMCEED008400**

**Lymphedema**  
(Previous Item No. 806-325a) **New Item No. KOMCEED008000**

**Support Issue Topics**

**Coping with a Cancer Diagnosis**  
(Previous Item No. 806-383a) **New Item No. KOMCEED013000**

**Getting the Support You Need**  
(Previous Item No. 806-402a) **New Item No. KOMCEED032000**

**Sexuality and Intimacy**  
(Previous Item No. 806-400a) **New Item No. KOMCEED030000**

**Talking with Your Children**  
(Previous Item No. 806-403a) **New Item No. KOMCEED033000**

**Talking with Your Doctor**  
(Previous Item No. 806-404a) **New Item No. KOMCEED034000**

**Talking with your Partner**  
(Previous Item No. 806-401a) **New Item No. KOMCEED031000**

**Reference Topics**

**Breast Health Resources**  
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**Medical Vocabulary**  
(Previous Item No. 806-406a) **New Item No. KOMCEED036000**

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