

# Make Healthy Choices. Be Proactive and Get Active!

## Start Fighting Breast Cancer. Today.

### Be empowered

- Know your risk.
- Get screened.
- Know what is normal for you.
- Make healthy lifestyle choices.

### Early detection saves lives

Getting regular screening tests (along with follow-up tests and treatment if diagnosed) reduces your risk of dying from breast cancer. Screening tests can find breast cancer early, when the chances of survival are highest. Talk to a doctor about what screening tests are right for you and how often to have them.

### Make healthy lifestyle choices

- Maintain a healthy weight.
- Add exercise to your routine.
- Limit alcohol intake.
- Limit menopausal hormone use.
- Breastfeed, if you can.

### Think you are too young to worry about breast cancer?

Think again. Although rare, young women can and do get breast cancer, even in their 20's. Everyone is at risk.



# Make Healthy Choices. Be Proactive and Get Active!

## Make your Declaration. Today.

How to make your Declaration:

### GO TO

[IAmKomen.org](http://IAmKomen.org) on your computer or mobile device.

### CLICK

on the **Make a Declaration** icon in the center of the page.

### SUBMIT

your Declaration (and upload an image) in the box provided.

### SHARE

your Declaration and inspire others  
to join Komen in the fight against breast cancer!

## IAmKomen.org

## #IAmKomen

