EDUCATIONAL MATERIALS
Susan G. Komen®’s 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.

Komen 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 age 20, and every year starting at age 40
   - Sign up for your screening reminder at komen.org/reminder

3. Know what is normal for you
   - See your health care provider if you notice any of these breast changes:
     - Lump, hard knot or thickening inside the breast or underarm area
     - Swelling, warmth, redness or darkening of the breast
     - 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
   - Limit menopausal hormone use
   - Breastfeed, if you can
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.
Item No. KOMEED070000

A2. Breast Health: Learn the Facts
Breast Health: Learn the Facts is an eight page full color brochure which provides information about breast cancer risk, early detection as well as our four key breast self-awareness messages. The design and graphics used throughout this piece complement the Breast Self-Awareness Messages card nicely.
This title is also available in Spanish.
Item No. KOMEED007000

A3. English Breast Self-Awareness Messages 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.
This title is also available for other audiences. See sections for African American, Older Women, Spanish and other languages.
Item No. KOMEED200600

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 is included that can help people to take charge of their health.
Item No. KOMEED201700

A5. 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 Spanish.
Item No. KOMEED007100

A6. Understanding Breast Cancer website 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.
Item No. KOMEED401000
A7. **Breast Health: What Every Woman Should Know**
This booklet provides a comprehensive overview of breast health and breast cancer. Topics covered include: benign breast changes, warning signs, early detection, methods of diagnosis, types and stages of breast cancer, methods of treatment and patient support. A resource section and a glossary are also included. This brochure is a great piece for presentations and for women newly diagnosed with breast cancer.

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

**Item No. KOMEED073000**

A8. **Complete Set of Facts for Life**
This complete set of fact sheets covers topics related to General Breast Health, Risk Factors and Prevention, Specific Populations and Breast Cancer, Early Detection, Diagnosis, Treatment, After Treatment, Support and Resources.

**Item No. KOMEED077000**

A9. **Your Breast Care: Helpful Hints for Women**
Written at a 2nd grade reading level, this booklet conveys the important messages of breast self-awareness in plain language. It also includes illustrations that represent the warning signs of breast cancer that should be reported to a health care provider. The booklet features large print on eco-friendly paper.

*This title is also available in Spanish in PDF format only.*

**Item No. KOMEED201600**

This DVD includes our Breast Self-Awareness messages related to knowing your risk of breast cancer, getting screened, knowing what is normal for you and making healthy lifestyle choices. There are specific action items associated with each message to help you take charge of your health.

*This DVD offers the following languages with a subtitle option- English, Spanish, Arabic and Hindi. Running time varies by language.*

**DVD Item No. KOMEED202000**

A11. **News for the Cure**
These news-style videos address a variety of topics about breast health news and information.

The videos on this DVD 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.

*This DVD contains 9 segments in both English and Spanish. Each segment runs between 1:30 to 2:30 minutes in length.*

**Item No. KOMEED005600**
B1. **Complete Set of Questions to Ask the Doctor**
This complete set of questions to ask the doctor includes 17 topic cards on a variety of breast cancer topics such as risk factors, early detection, diagnosis, treatment, after treatment and support. Each card contains pertinent questions to discuss with your doctor regarding a specific topic. Ample space is provided to jot down the answers to the questions. For a complete listing of all available Questions to Ask the Doctor inserts, please turn to page 30. 
*This complete set is also available in Spanish.*

Item No. KOMEED007500

B2. **Feel Better During Treatment: Learn how integrative and complementary therapies can help**
This booklet gives cancer patients an introduction to integrative and complementary therapies. It also talks about ways these therapies can help cancer patients as they go through standard medical treatment and recovery. 
*This title is also available in Spanish.*

Item No. KOMEED003300

B3. **What Do I Need to Know About Breast Cancer?**
This booklet addresses some popular myths about breast cancer and also addresses the importance of breast self-awareness and early detection. 
*This title is also available in Spanish.*

Item No. KOMEED071000

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 challenging. This booklet can help you explore and accept your feelings. You will read about seeking support from others. Survivors who have faced breast cancer will give you ideas to help you cope and get the support you need. 

Item No. KOMEED039000

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. 

Item No. KOMEED006400

For more information about breast cancer, visit our website or call our breast care helpline. 
www.komen.org 1-877 GO KOMEN (1-877-465-6636)
Co-Survivors: How to help those 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.

Item No. KOMEED002800

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.

Item No. KOMEED040000

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.

Item No. KOMEED041000

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.

Item No. KOMEED038000
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.
Item No. KOMEED079000

D2. African American Breast Self-Awareness Messages 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.
Item No. KOMEED200300

D3. African American Breast Health bookmark
This bookmark is an ideal give-away at awareness events and presentations targeting African American women. Komen’s recommended breast self-awareness message is also included.
Item No. KOMEED201800

D2.
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.
Item No. KOMEED005900

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 32.
This title is also available in Spanish online.
Item No. KOMEED007800
F1. **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.*  
Item No. KOMEED070000

F2. **Young Women Taking Care poster**  
All women are at risk for breast cancer regardless of age. This poster speaks to young women about breast self-awareness messages including knowing your risk, getting screened, knowing what’s normal for you and making healthy lifestyle choices. This is a great resource for hospitals, clinics, universities and jobsites targeting young women.  
*This title is also available in Spanish.*  
Item No. KOMEED004700

F3. **Postcard: Don’t your breasts deserve more attention…**  
This postcard has an edgy message to emphasize the importance of young women knowing your risk of breast cancer. Readers are driven to our website to learn more about risk factors.  
Item No. KOMEED083000

F4. **Postcard: I Know My Normal**  
This postcard emphasizes the need to become familiar with the normal look and feel of your breasts. Readers are driven to our website to learn more.  
Item No. KOMEED083700

F5. **Postcard: At last, advertising that feature breasts for a valid reason**  
This postcard has an attention-grabbing graphic and message on one side, and a strong awareness and activation message about making healthy lifestyle choices to reduce the risk of breast cancer on the other side.  
Item No. KOMEED002500

F6. **We’re Taking Care of Our Lives: Young Women Talk About Breast Cancer tri-fold brochure**  
This brochure provides awareness messages and general facts about breast cancer. Personal stories and images of young breast cancer survivors are effective in delivering information about breast cancer to young women. This brochure is ideal for outreach activities for young women.  
*This title is also available in Spanish.*  
Item No. KOMEED006100
Take Care of Yourself: Young Women Talk About Breast Cancer booklet
This booklet is an ideal resource for building awareness about breast cancer in young women while giving statistics and ways that may reduce the risk of breast cancer. Illustrations that represent the eight warning signs of breast cancer are included to inform women of breast changes that should be reported to a health care provider. It also includes personal stories of young breast cancer survivors.
This title is also available in Spanish.
Item No. KOMEED084000

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 32.
This title is also available in Spanish online.
Item No. KOMEED008200

Large print Breast Self-Awareness Messages 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.
This title is also available in Spanish.
Item No. KOMEED201100

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.
Item No. KOMEED007400

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.

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 32.
H1. 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 English.
Item No. KOMEED069000

H2. Breast Health: Learn the Facts
This bilingual booklet is an eight-page full color brochure which provides information about breast cancer risk, early detection as well as our four key breast self-awareness messages. The design and graphics used throughout this piece complement the Breast Self-Awareness Messages card nicely.

This title is also available in English.
Item No. KOMEED006900

H3. Breast Self-Awareness Messages 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.

Item No. KOMEED201400

H4. Complete Set of Questions to Ask the Doctor
This complete set of questions to ask the doctor includes 17 topic cards on a variety of breast cancer topics such as risk factors, early detection, diagnosis, treatment, after treatment and support. Each card contains pertinent questions to discuss with your doctor regarding a specific topic. Ample space is provided to jot down the answers to the questions.

For a complete listing of all available Questions to Ask the Doctor inserts, please turn to page 30. This title is also available in English.
Item No. KOMEED076000

H5. Facts for Life
The facts for life sheets cover topics related to General Breast Health, Risk Factors and Prevention, Specific Populations and Breast Cancer, Early Detection, Diagnosis, Treatment, After Treatment, Support and Resources.

For a complete listing of the Facts for Life series, please turn to page 32. Spanish only available online in PDF format.
H6. **What Do I Need to Know About Breast Cancer?**
This booklet addresses some popular myths about breast cancer and also addresses the importance of breast self-awareness and early detection.

*This title is also available in English.*

Item No. KOMEED072000

H7. **Breast Health: What Every Woman Should Know**
This booklet provides a comprehensive overview of breast health and breast cancer. This booklet covers benign breast changes, warning signs, early detection, methods of diagnosis, types and stages of breast cancer, methods of treatment and patient support. A resource section and a glossary are also included. This brochure is a great piece for presentations and for women newly diagnosed with breast cancer.

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

Item No. KOMEED074000

H8. **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.*

Item No. KOMEED007200

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.

Item No. KOMEED006400

H10. **Buena Vida: Protecting Your Family from Breast Cancer**
This bilingual magazine addresses breast cancer risks, common screening methods, treatment options and support.

*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).*

Item No. KOMEED005800
H11. **Take Care of Yourself: Young Women Talk About Breast Cancer booklet**

This booklet is an ideal resource for building awareness about breast cancer in younger women while giving statistics and ways that may reduce the risk of breast cancer. Illustrations that represent the eight warning signs of breast cancer are included to inform women of breast changes that should be reported to a health care provider. It also includes personal stories of young breast cancer survivors.

*This title is also available in English.*

Item No. KOMEED084100

H12. **We’re Taking Care of Our Lives: Young Women Talk About Breast Cancer tri-fold**

This tri-fold brochure provides awareness messages and general facts about breast cancer. Personal stories and images of young breast cancer survivors are effective in delivering information about breast cancer to young women. This tri-fold brochure is ideal for outreach activities for young women.

*This title is also available in English.*

Item No. KOMEED006200

H13. **Young Women Taking Care poster**

All women are at risk for breast cancer regardless of age. This poster speaks to young women about breast self-awareness messages including knowing your risk, getting screened, knowing what’s normal for you and making healthy lifestyle choices. This is a great resource for hospitals, clinics, universities and jobsites targeting young women.

*This title is also available in English.*

Item No. KOMEED004800

H14. **Large print Breast Self-Awareness Messages 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.

Item No. KOMEED201200

H15. **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.

Item No. KOMEED007300
H16. Feel Better During Treatment: Learn how integrative and complementary therapies can help

Feel Better During Treatment: Learn how integrative and complementary therapies can help. This booklet gives cancer patients an introduction to integrative and complementary therapies. It also talks about ways these therapies can help cancer patients as they go through standard medical treatment and recovery.

This title is also available in English.

Item No. KOMEED003400

H17. Your Breast Care: Helpful Hints for Women

Written at a 2nd grade reading level, this booklet conveys the important messages of breast self-awareness in plain language. It also includes illustrations that represent the warning signs of breast cancer that should be reported to a health care provider. The booklet features large print on eco-friendly paper.

Only available online in PDF format. This title is also available in English.

H18. 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.

Item No. KOMEED006000


This DVD includes our Breast Self-Awareness messages related to knowing your risk of breast cancer, getting screened, knowing what is normal for you and making healthy lifestyle choices. There are specific action items associated with each message to help you take charge of your health.

This DVD offers the following languages with a subtitle option—English, Spanish, Arabic and Hindi. Running time varies by language.

DVD Item No. KOMEED202000

H20. News for the Cure

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

The videos on this DVD 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.

This DVD contains 9 segments in both English and Spanish. Each segment runs between 1:30 to 2:30 minutes in length.

Item No. KOMEED005600
These 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. Illustrations that represent the warning signs of breast cancer are also included.

J1. Braille Breast Self-Awareness Messages card
Item No. KOMEED202300

J2. Cambodian Breast Self-Awareness Messages card
Only available online in PDF format.

J3. Simplified Chinese Breast Self-Awareness Messages card
Only available online in PDF format.

J4. Traditional Chinese Breast Self-Awareness Messages card
Item No. KOMEED200500

J5. French Breast Self-Awareness Messages card
Only available online in PDF format.

J6. Georgian Breast Self-Awareness Messages card
Only available online in PDF format.

J7. German Breast Self-Awareness Messages card
Only available online in PDF format.

J8. Hebrew Breast Self-Awareness Messages card
Item No. KOMEED202100

J9. Indonesian Breast Self-Awareness Messages card
Only available online in PDF format.

For more information about breast cancer, visit our website or call our breast care helpline.

www.komen.org    1-877 GO KOMEN (1-877-465-6636)
J10. Italian Breast Self-Awareness Messages card
   Only available online in PDF format.

   Only available online in PDF format.

J12. Korean Breast Self-Awareness Messages card
   Item No. KOMEED201000

J13. Punjabi Breast Self-Awareness Messages card
   Item No. KOMEED202200

J14. Russian Breast Self-Awareness Messages card
   Item No. KOMEED201300

J15. Turkish Breast Self-Awareness Messages card
   Only available online in PDF format.

J16. Vietnamese Breast Self-Awareness Messages card
   Item No. KOMEED201500
K1. Breast Self-Awareness Messages card
This durable 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.

Item No. KOMEED200400

This DVD includes our Breast Self-Awareness messages related to knowing your risk of breast cancer, getting screened, knowing what is normal for you and making healthy lifestyle choices. There are specific action items associated with each message to help you take charge of your health.

This DVD offers the following languages with a subtitle option: English, Spanish, Arabic and Hindi. Running time varies by language.

Item No. KOMEED202000

K3. Breast Health: What Every Woman Should Know
This booklet provides a comprehensive overview of breast health and breast cancer. Topics covered include: benign breast changes, warning signs, early detection, methods of diagnosis, types and stages of breast cancer, methods of treatment and patient support. A resource section and a glossary are also included. This comprehensive breast cancer resource guide is also available in Spanish and English. This brochure is a great piece for presentations and for women newly diagnosed with breast cancer.

This title is also available in English and Spanish.

Item No. KOMEED078000

K4. Breast Self-Awareness Messages card
This durable 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 illustrations that represent the warning signs of breast cancer that should be reported to a health care provider.

Item No. KOMEED200800

This DVD includes our Breast Self-Awareness messages related to knowing your risk of breast cancer, getting screened, knowing what is normal for you and making healthy lifestyle choices. There are specific action items associated with each message to help you take charge of your health.

This DVD offers the following languages with a subtitle option: English, Spanish, Arabic and Hindi. Running time varies by language.

Item No. KOMEED202000
Susan G. Komen® recommends the Question to Ask the Doctor series for people who are newly diagnosed or who may 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.

Empty Folders
Complete Set
If you find a lump in your breast
When breast cancer is diagnosed
Breast biopsy
Treatment choices
Before breast surgery
After breast surgery
Reconstructive breast surgery
Breast cancer chemotherapy
Radiation therapy
Hormone therapy
Lymphedema
If Someone You Love has Breast Cancer
Mammography
Genes and breast cancer risk
Breast Density
Clinical Trials
Metastatic Breast Cancer

Komen recommends the Question to Ask the Doctor series for people who are newly diagnosed or who may 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.

Empty Folders
Complete Set
If you find a lump in your breast
When breast cancer is diagnosed
Breast biopsy
Treatment choices
Before breast surgery
After breast surgery
Reconstructive breast surgery
Breast cancer chemotherapy
Radiation therapy
Hormone therapy
Lymphedema
If Someone You Love has Breast Cancer
Mammography
Genes and breast cancer risk
Breast Density
Clinical Trials
Metastatic Breast Cancer

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**Items**

- **English**
  - Item No. KOMEED042000
  - Item No. KOMEED075000
  - Item No. KOMEED044000
  - Item No. KOMEED046000
  - Item No. KOMEED048000
  - Item No. KOMEED050000
  - Item No. KOMEED052000
  - Item No. KOMEED054000
  - Item No. KOMEED056000
  - Item No. KOMEED058000
  - Item No. KOMEED060000
  - Item No. KOMEED062000
  - Item No. KOMEED064000
  - Item No. KOMEED066000
  - Item No. KOMEED004900
  - Item No. KOMEED005100
  - Item No. KOMEED202400
  - Item No. KOMEED202500
  - Item No. KOMEED202600

- **Spanish**
  - Item No. KOMEED043000
  - Item No. KOMEED076000
  - Item No. KOMEED045000
  - Item No. KOMEED047000
  - Item No. KOMEED049000
  - Item No. KOMEED051000
  - Item No. KOMEED053000
  - Item No. KOMEED055000
  - Item No. KOMEED057000
  - Item No. KOMEED059000
  - Item No. KOMEED061000
  - Item No. KOMEED063000
  - Item No. KOMEED065000
  - Item No. KOMEED067000
  - Item No. KOMEED005000
  - Item No. KOMEED005200
  - Item No. KOMEED202700
  - Item No. KOMEED202800
  - Item No. KOMEED202900
We recommend the Facts for Life series for those people looking for more in-depth information about more specific areas of breast cancer, screenings and treatments. Spanish available online for download only.

Complete Set of Facts For Life Topics
Item No. KOMEED08700

**The Breast And Breast Cancer**

- Benign Breast Conditions
  - Item No. KOMEED009700
  - Breast Cancer Facts
  - Item No. KOMEED007500
  - Item No. KOMEED083300-tri-fold format
- What is Breast Cancer?
  - Item No. KOMEED008800
- Item No. KOMEED083500-tri-fold format

**Risk Factors and Prevention**

- Breast Cancer Risk Factors
  - Item No. KOMEED009200
  - Item No. KOMEED083200-tri-fold format
- Breast Density
  - Item No. KOMEED084200
- Genetics & Breast Cancer
  - Item No. KOMEED009100
- Healthy Living
  - Item No. KOMEED009600
  - Item No. KOMEED083400-tri-fold format
- How Hormones Affect Breast Cancer
  - Item No. KOMEED009000
- Prophylactic Mastectomy
  - Item No. KOMEED008600

**Special Populations and Breast Cancer**

- Breast Cancer in Men
  - Item No. KOMEED007800
- Breast Cancer in Pregnancy
  - Item No. KOMEED002600
- Lesbian, Gay, Bisexual and Transgender
  - Item No. KOMEED007900
- Racial and Ethnic Differences
  - Item No. KOMEED009300
  - Item No. KOMEED083100-tri-fold format
- Women with Disabilities
  - Item No. KOMEED002700
- Young Women and Breast Cancer
  - Item No. KOMEED008200

**Early Detection**

- Breast Cancer Detection
  - Item No. KOMEED009400
  - Item No. KOMEED083600-tri-fold format
- Breast Imaging Methods
  - Item No. KOMEED009800
- Mammography
  - Item No. KOMEED009500

**Diagnosing and Staging Breast Cancer**

- Axillary Lymph Nodes
  - Item No. KOMEED022000

**Treatment**

- Aromatase Inhibitors
  - Item No. KOMEED003000
- Breast Reconstruction and Prosthesis
  - Item No. KOMEED025000
- Breast Surgery
  - Item No. KOMEED024000
- Chemotherapy and Side Effects
  - Item No. KOMEED082000
- Clinical Trials
  - Item No. KOMEED005300
- Current Research on Drugs and Treatment
  - Item No. KOMEED028000
- Diet and Nutrition During Treatment
  - Item No. KOMEED029000
- Hormone Therapy
  - Item No. KOMEED023000
- Integrative & Complementary Therapies
  - Item No. KOMEED027000
- Making Treatment Decisions
  - Item No. KOMEED017000
- Radiation Therapy and Side Effects
  - Item No. KOMEED081000

**Support Issue**

- Coping with a Cancer Diagnosis
  - Item No. KOMEED013000
- End-of-Life Care
  - Item No. KOMEED001800
- Getting the Support You Need
  - Item No. KOMEED032000
- Sexuality and Intimacy
  - Item No. KOMEED030000
- Talking with Your Children
  - Item No. KOMEED033000
- Talking with Your Doctor
  - Item No. KOMEED034000
- Talking with your Partner
  - Item No. KOMEED031000

**Reference**

- Breast Health Resources
  - Item No. KOMEED035000
- Medical Vocabulary
  - Item No. KOMEED036000
- Table of Contents
  - Item No. KOMEED037000

**Facts for Life**

For more information about breast cancer, visit our website or call our breast care helpline.

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