DID YOU KNOW...

that breast cancer is the most common cancer among African-American women?

TAKE ACTION.

susan g. komen.
Breast Self-Awareness Messages

1. Know your risk.
   - Talk to both sides of your family to learn about your family health history.
   - Talk to a doctor about your risk of breast cancer.

2. Get screened.
   - Talk with a doctor about which screening tests are right for you if you are at a higher risk.
   - Sign up for your screening reminder komen.org/reminder

3. Know what is normal for you.
   - Learn how your breasts normally look and feel and report any change to a doctor.

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.

For more information, visit komen.org or call 1-877 GO KOMEN (1-877-465-6636)

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