

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](https://www.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](https://www.komen.org) or
call **1-877 GO KOMEN**
(1-877-465-6636)