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

TAKE ACTION.
1. Know your risk
   • Talk to both sides of your family to learn more about your family health history.
   • Talk to a doctor about your personal risk of breast cancer.

2. Talk with a doctor about which screening tests may be right for you
   • Sign up for your screening reminder at komen.org/reminder.

3. Know how your breasts look and feel and report any changes 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 www.komen.org or call 1-877 GO KOMEN (1-877-465-6636)