



TAKE
ACTION





Breast Self-Awareness Messages

1. Know your risk

- Talk to both sides of your family to learn more about your family health history.
- Talk to your provider about your personal risk of breast cancer.

2. Discuss with your doctor 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)