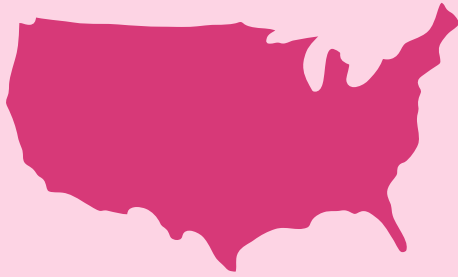
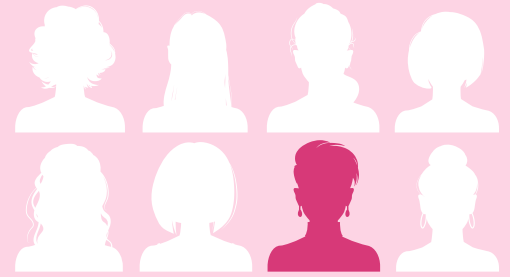


BREAST CANCER



in the U.S. will affect
1 IN 8
WOMEN
over the course of her lifetime.



PREVENTION TIPS



Keep a healthy weight.



Exercise regularly.



Don't drink alcohol or
limit alcoholic drinks.



If possible, breastfeed
your children.

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

SIGNS AND SYMPTOMS

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area, including blood.
- Any change in the size or the shape of the breast.
- Nipple discharge other than breast milk.
- Pain in any area of the breast.

If you are experiencing symptoms that concern you, it is important to call your health care professional for guidance immediately.

Breast cancer yearly screening recommended beginning at age 40 with a mammogram.

YOU MAY QUALIFY FOR FREE SCREENINGS



If you are interested in ABCCEDP's **FREE SCREENINGS** or would like more information about eligibility, locations, or more, please call toll-free at 1-877-252-3324, or contact your local county health department.

