

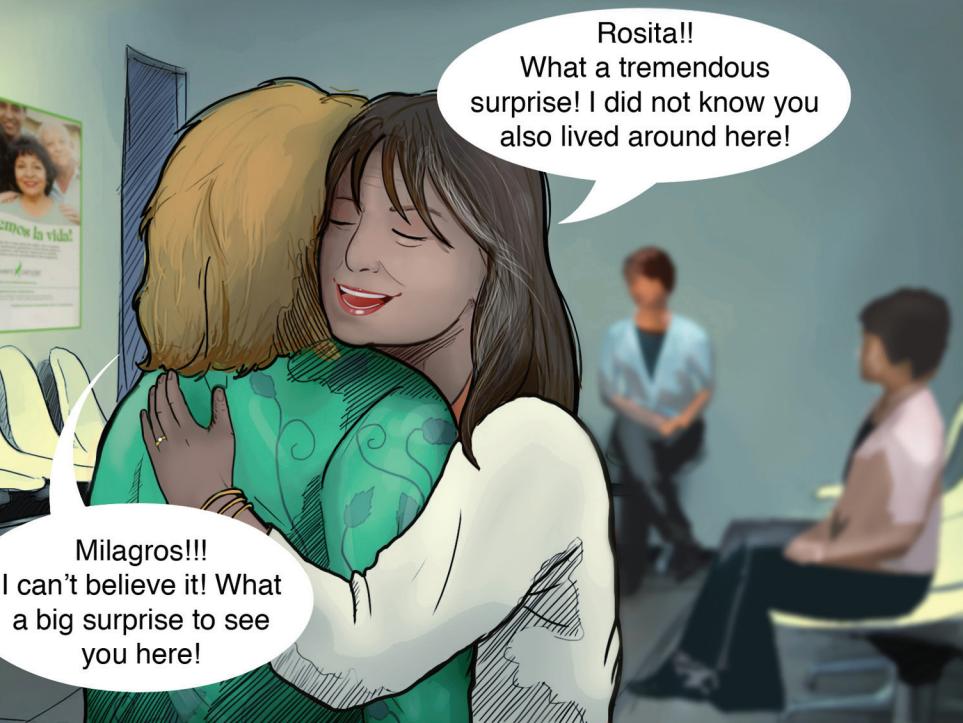
A FORTUNATE ENCOUNTER:

TALKING ABOUT BREAST CANCER



prevent & cancer
FOUNDATION

This is the story of two friends, Milagros and Rosita, who have not seen each other in many years. Milagros is a nurse at a community clinic and Rosita is there to make a doctor's appointment. They meet by chance and this is what happened....



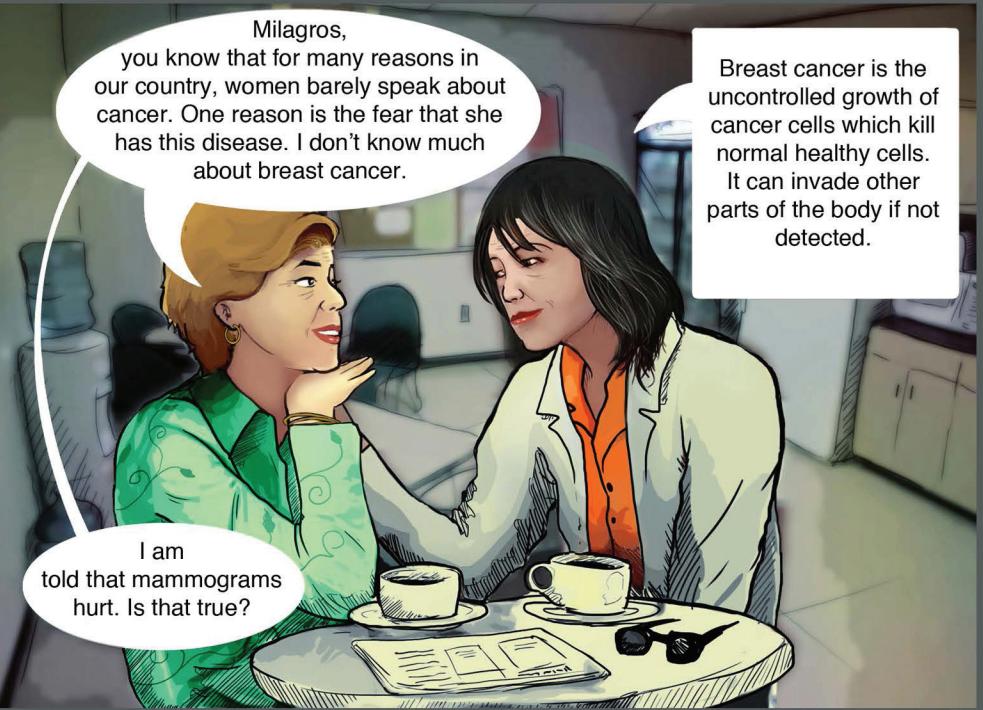




No. For what?
If my breasts have not
changed, do not hurt, and no
one in my family has breast
cancer.



A mammogram can detect small changes that you or your doctor cannot see with the naked eye and cannot be felt when touched. Many women diagnosed with breast cancer don't have close relatives with breast cancer. Equally important are the risks of women for this type of disease. Early detection can save lives.



Milagros,

you know that for many reasons in our country, women barely speak about cancer. One reason is the fear that she has this disease. I don't know much about breast cancer.

Breast cancer is the uncontrolled growth of cancer cells which kill normal healthy cells.

It can invade other parts of the body if not detected.

I am told that mammograms hurt. Is that true?

It's different for every woman. Most feel some discomfort when the breast is pressed, but this lasts only a few seconds and it's done! A mammogram is a breast x-ray which takes pictures of the inside of the breasts. This takes only a few minutes. The doctor then studies the pictures. Next, the results are given to the woman. You always hope that the results are good. Similarly, it is better to find cancer early so that it can be treated immediately.

You convinced me, Milagros! We can say that then early detection is protection for tomorrow. But, is it expensive? I do not have health insurance.



Don't worry, Rosita. There are places where you can get free mammograms and you don't need insurance. I'll give you the information.

Thank you very much for taking your lunch time to talk with me.



Well,
this is what I call a fortunate
encounter with three great
results. First, I came here to
make an appointment and met
you after so many
years.

Then you gave me
important information
about breast cancer
screening.

And finally,
I decided that I will get
a mammogram very
soon.

Of course!

Excellent!
In caring for the health of your
breasts, you also care for your
loved ones. Well, friend, we have to
see one another soon and catch
up. You'll stay for the talk?

END

Suggestions that you can share with your family and friends:

- Ask your doctor about your risks for developing breast cancer.
- Know your breasts, how they feel and how they look. If you notice changes such as redness, drainage, hardness, or swelling, talk with your doctor as soon as possible.
- Maintain a healthy weight, exercise, limit alcohol consumption and, if you have babies, breastfeed them.
- You are important! If you are older than 40, do not let anything stop you from getting an annual mammogram and clinical breast exam.



CONTACTS AND INFORMATION

Contact name _____

Her phone number _____

The Prevent Cancer Foundation is the only U.S. 501(c)3 nonprofit organization solely devoted to cancer prevention and early detection. Prevent Cancer focuses its resources on cancers that can be prevented through lifestyle changes or early detection, when treatment is more likely to be successful. Since its founding in 1985, Prevent Cancer has invested more than \$137 million in research, education, advocacy and community outreach programs across the nation in support of our mission.