

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 mission of Prevent Cancer Foundation is saving lives through prevention and early detection. It was founded in 1985 and has provided more than 130 million dollars for research, education, advocacy and community outreach nationwide in support of the prevention and early detection of cancer. For more information visit the website www.preventcancer.org.

A FORTUNATE ENCOUNTER:

TALKING ABOUT BREAST CANCER



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....



Milagros!!!
I can't believe it! What
a big surprise to see
you here!

Rosita!!
What a tremendous
surprise! I did not know you
also lived around here!



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



