

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 \$134 million in research, education, advocacy and community outreach programs across the nation in support of our mission.

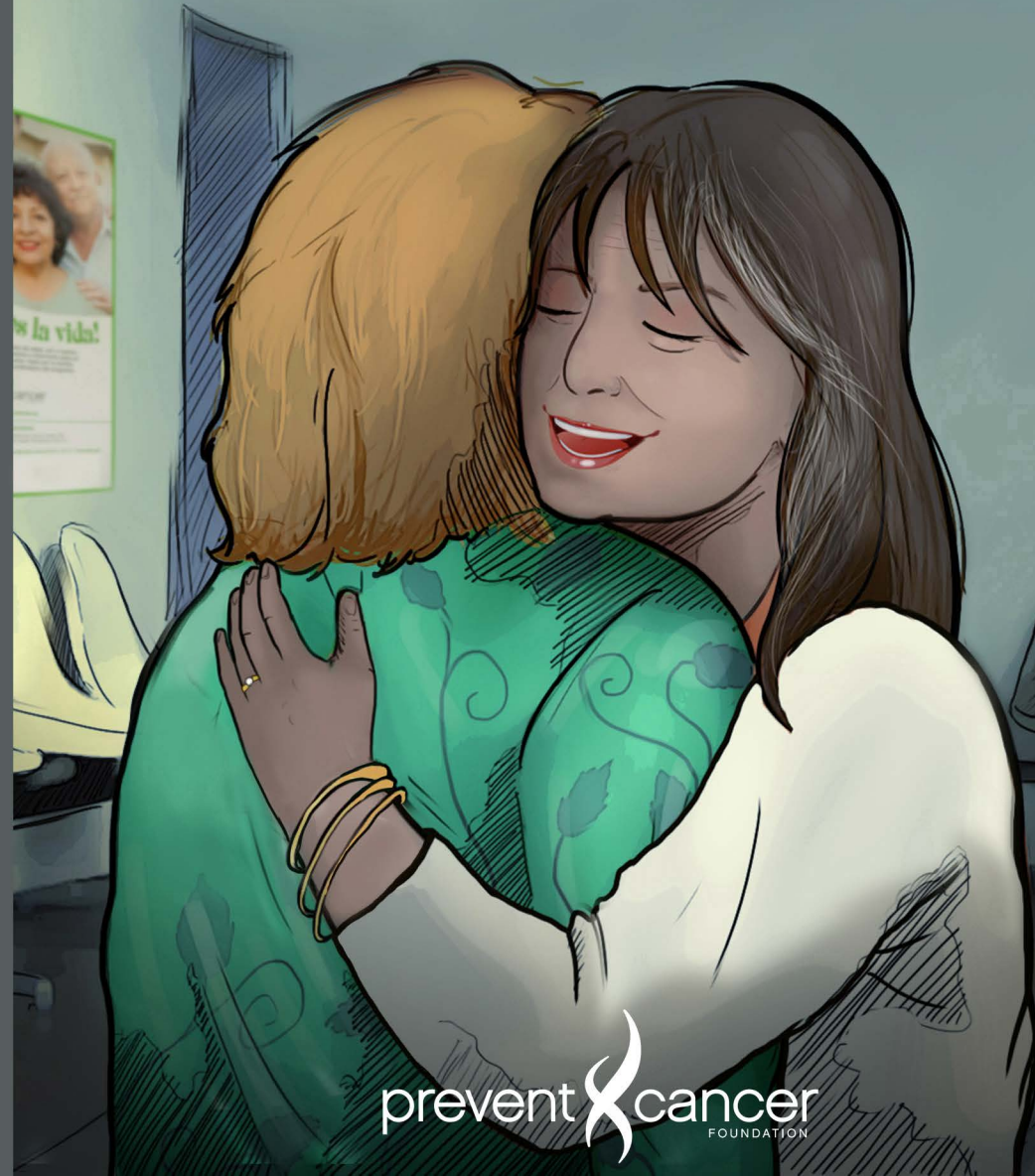
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prevent  cancer  
FOUNDATION

Designed by: Juan Ramos

# A FORTUNATE ENCOUNTER:

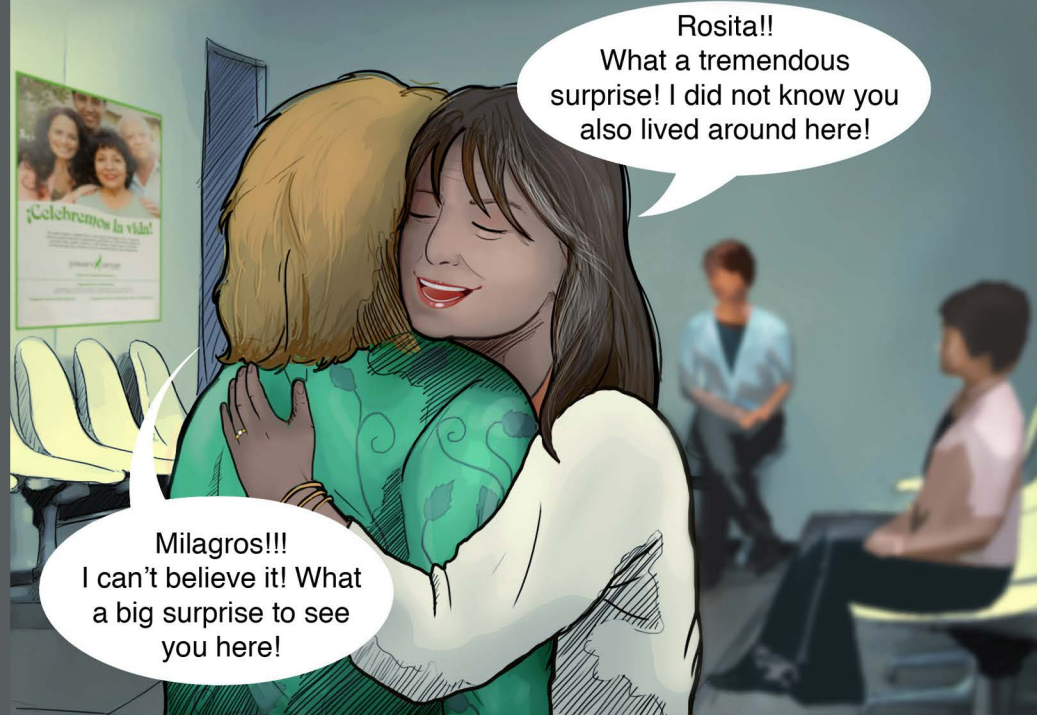
## TALKING ABOUT BREAST CANCER



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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....



END



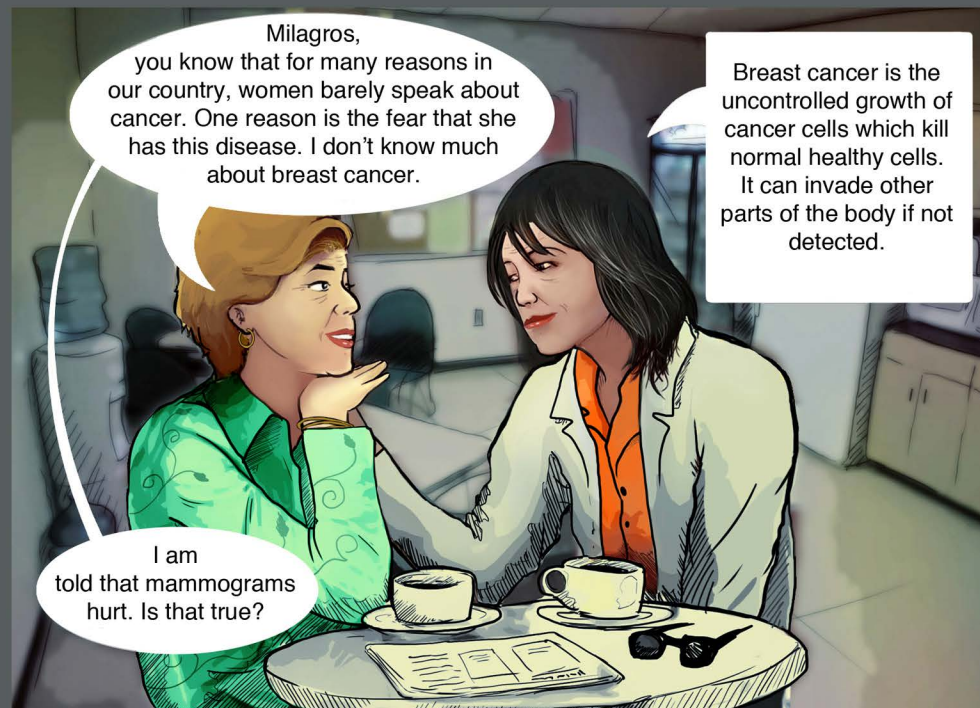




No. For what?  
If my breasts have not  
changed, do not hurt, and no  
one in my family has breast  
cancer.



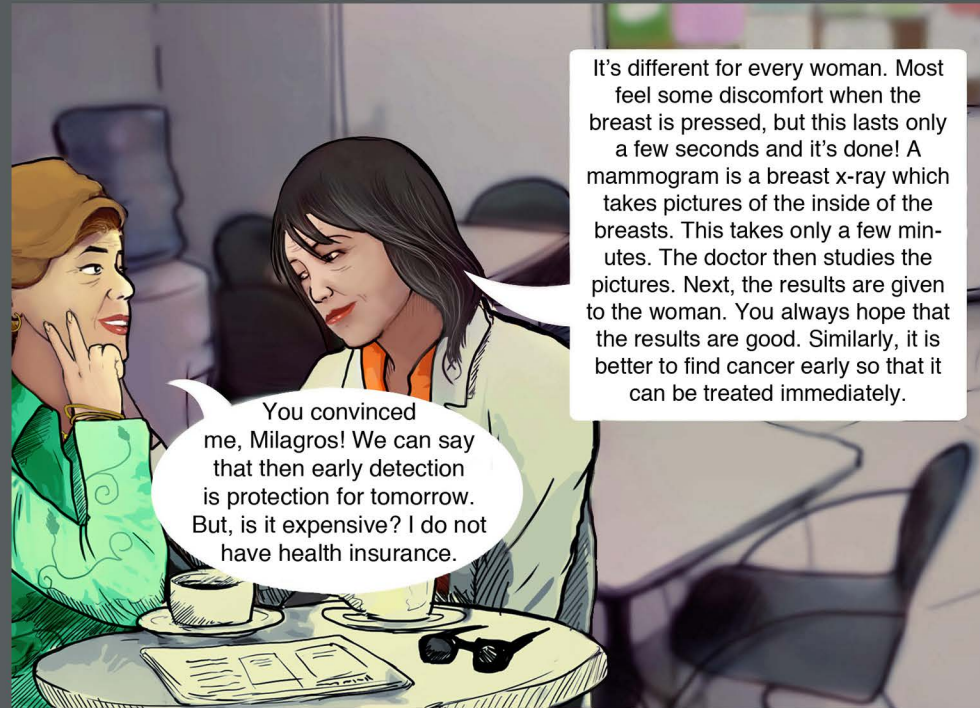
A mammogram can detect small changes that  
you or your doctor cannot see with the naked  
eye and cannot be felt when touched. Many  
women diagnosed with breast cancer don't  
have close relatives with breast cancer.  
Equally important are the risks of women for  
this type of disease. Early detection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