



*Early detection
saves lives*

KNOW YOUR RISK FACTORS

- IGNORING preventive health screenings and tests; care for self last
- GENDER – female higher risk
- ESTROGEN & progesterone hormone replacement
- USE of Depo-Provera/some oral contraceptives
- OLDER age but cancer can occur at any age
- PROVEN family history/genetic traits
- EARLY puberty/menstruation
- NEVER had children or had first after age 30
- MEDICAL history includes prior breast cancer, dense breasts or ovarian cancer
- KNOWN environmental risk exposures
- LIMITED fruit and vegetable diet
- Inactive lifestyle; obesity

By no means are any of these recommendations intended to replace your responsibility to consult and decide with your doctor about you and your family's health needs.



Inspiring balance of
mind, body and
spirit for optimal
health and
well-being of all
individuals and
communities.



Sisters4Cure is a 501(c)3 non-profit organization and we rely primarily on the generosity of individuals, corporations and foundations to sustain our education outreach and other programs.

For screening & treatment information, research news, encouragement, expert advice & more, visit our website
www.sisters4cure.org.

Sisters4Cure

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A volunteer nonprofit organization committed to offering evidenced based strategies, support and information to improve self care skills, quality of life and mindfulness practices of people, cross generational and cross cultural, affected by life threatening chronic diseases, in particular breast cancer and depression.



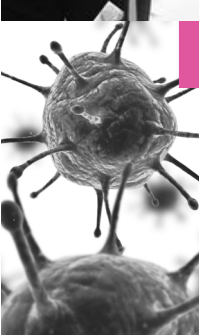
**SISTERS 4 CURE, INC.
LIVE WELL**

**FREE SUPPORT GROUP
GATHERINGS**

Learn, practice and value mind, body and spirit healthy lifestyle techniques. Get up-to-date information at sisters4cure.org.



“My mission in *life* is not to merely survive but to thrive and do so with some passion, some compassion, some humor and some style.” - Dr. Maya Angelou



1 PRACTICE FINDING CHANGES EARLY

MAMMOGRAMS
A special x-ray of the breast; there are different types

Recommended once per year for women beginning at age 40; Women with family history or medical concern should begin annual mammograms earlier than age 40.

CLINICAL BREAST EXAMS
Examination by health professional which can aid in early detection. Recommended once per year for women age 40+, and for women with known breast concerns. Clinical exams recommended

once every 3 years for women under 40, beginning in the early 20s. It is recommended that African-American women get exams more frequently.

SELF BREAST EXAMS
KNOW the feel and look of your breasts, and use a careful technique monthly



2 IDENTIFY WARNING SIGNS

FIND and report the following changes to your healthcare professional right away

- Breast lump or thickening
- Change in skin color or texture
- Rough, patchy orange peel look and feel
- Itchy, sore or scaly skin on the nipple/areola
- Nipple discharge that starts suddenly and continues

- Change in shape; skin indentations
- Nipple turning inward
- Swelling, redness or warmth that continues
- Persistent breast or underarm pain
- Big differences in one breast from the other



3 COMMIT TO A HEALTHY LIFESTYLE

MAINTAIN a healthy weight, prevent family obesity
GET regular physical activity
EAT more fruits, vegetables, grains, beans, and fish with omega oils
EAT LESS salt, processed foods, red meat, white flour and sugar
USE healthy oils for eating and cooking

OMIT high fat foods like fast food burgers and fries
DON'T smoke; protect children from secondhand smoke
GET regular preventive health checks
AVOID alcohol
MAKE mindful living and managing stress personal priorities