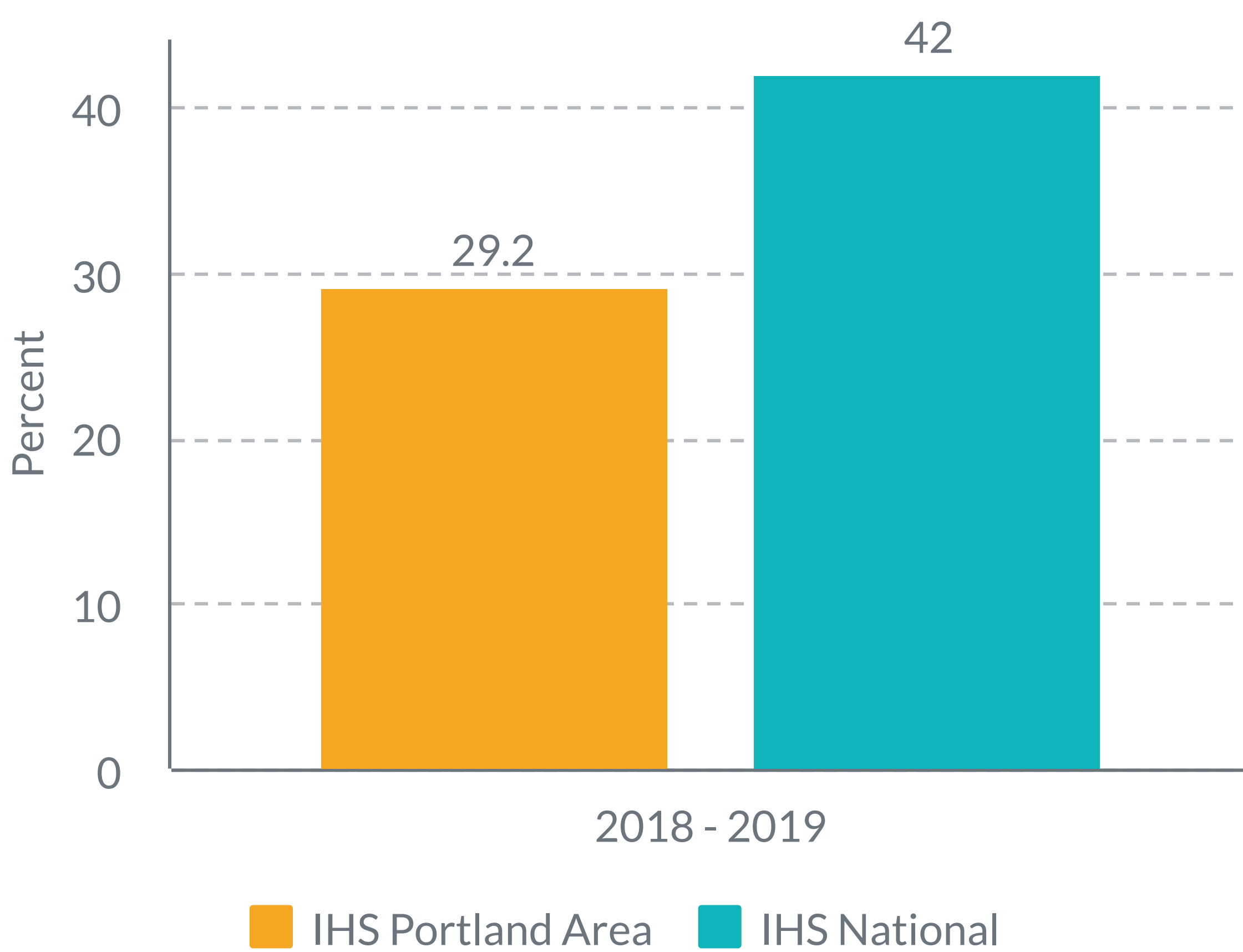


# Breast Cancer Awareness Month



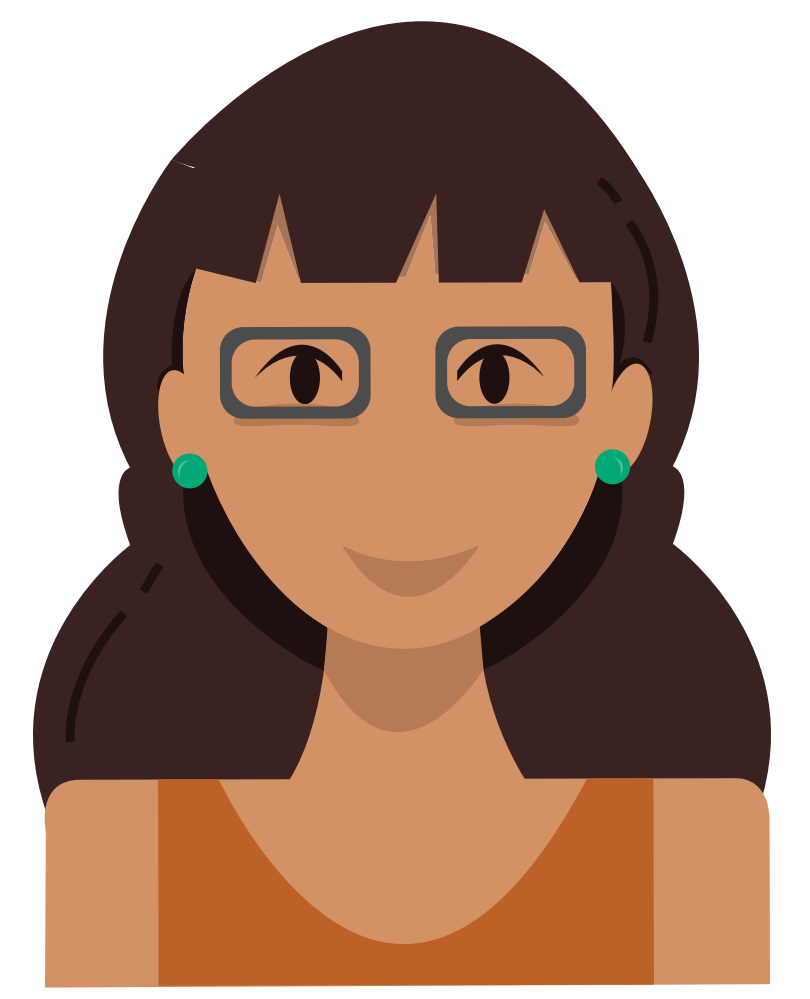
## October

AI/AN\* women (aged 52-74) who have received breast cancer screening.<sup>1</sup>



*Auntie's advice...*

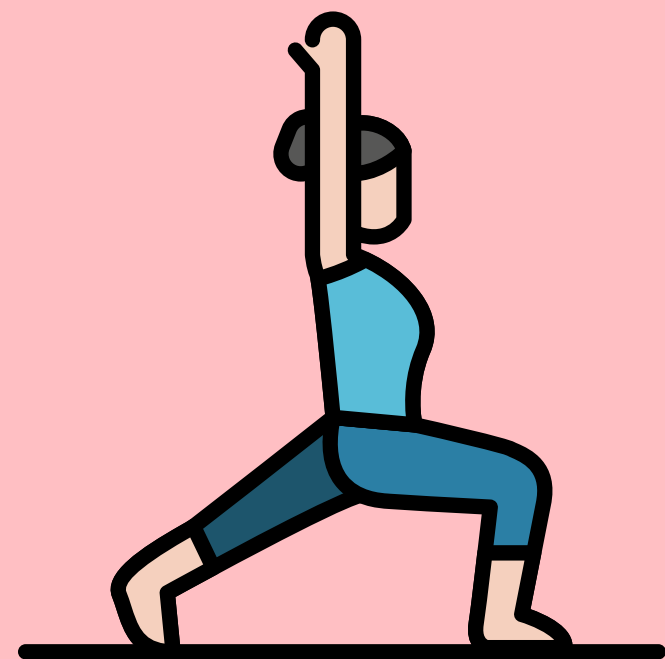
Getting regular mammograms can find cancer early when it's easier to treat!



<sup>1</sup> Source : Indian Health Service (IHS) GPRA Performance Results

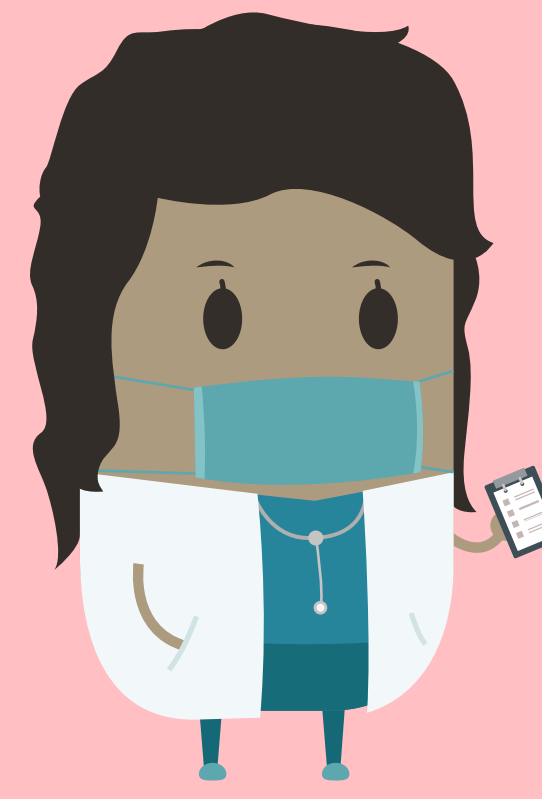
\*AI/AN = American Indian/Alaska Native

## How to lower your risk...



- Maintain a healthy weight.
- Eat healthy foods.
- Get regular physical activity.
- Limit alcohol use.
- Breastfeed if you can.

## Screening Saves Lives



Women aged 45 - 54 should get a mammogram every year.  
Women aged 55 and older should get a mammogram every two years.

Talk with your healthcare provider about your risk for breast cancer and the best screening plan for you.

### Cancer occurs...

when cells in our body grow out of control and crowd out the normal cells. Cancer can occur anywhere in the body, even in the blood.

### Preventive measures include...

early detection, improved treatment and access to care.



The pink ribbon is used to represent breast cancer.

## Resources

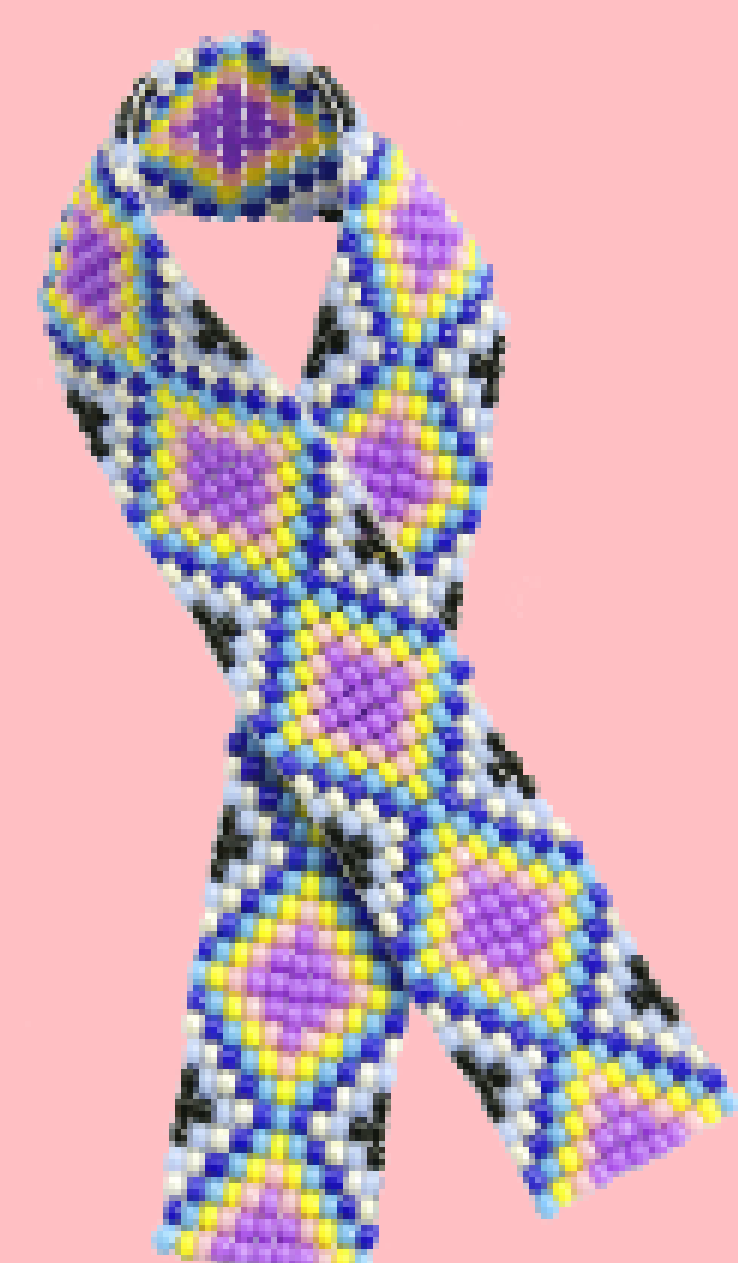
Click on the links below to view resources

[Breast Cancer Survivorship Care Visit Checklist](#)

[Breast Cancer inFocus: Getting the Care You Need as a Lesbian, Gay or Bisexual Person](#)

[Breast Cancer: What Are The Risk Factors?](#)

[National Breast and Cervical Cancer Early Detection Program](#)



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