Breast CANCER

EARLY DETECTION SAVES LIVES!

AGES 20-39

- Every month: Perform a breast self-exam.
- Every 3 years: Have a clinical breast exam by a doctor or nurse.
- See your doctor for your annual well-woman check-up and clinical breast exam.
- Are you high risk? Know your family history!
- Live a healthy lifestyle.
- Most Importantly: Trust your instincts. Take control of your body. Be proactive. DON'T WAIT!

NORCAL BREAST CANCER CONNECTION

AGES 40+

- Every month: Perform a breast self-exam.
- Every year: Have a mammogram and a clinical breast exam by a doctor.
- See your doctor for your annual well-woman check-up and clinical breast exam.
- Are you high risk? Know your family history!
- Live a healthy lifestyle.
- Most Importantly: Trust your instincts. Take control of your body. Be proactive. DON'T WAIT!

NORCAL BREAST CANCER CONNECTION

COMMON SIGNS & SYMPTOMS

- A new lump, mass, or thickening in or near the breast or in the underarm area (armpit)
- An unexplained change in the size or shape of the breast
- Swelling or shrinkage of all or part of the breast, especially if on one side only (even if no lump is felt)
- Dimpling anywhere on the breast
- Puckering in the skin of the breast
- A nipple turned inward (inverted) into the breast
- Breast or nipple pain
- Discharge (fluid) from the nipple, particularly if clear or bloody
- A change in the skin texture, discoloration, rash, swelling, or an enlargement of the pores in the skin of the breast (similar to the texture of the peel of an orange)
- Scaly, red, or swollen skin on the breast, nipple, or areola
- Recent asymmetry (unequal or lack of sameness) of the breasts
- Swollen lymph nodes under the arm or near the collarbone

NATIONAL BREAST CANCER FOUNDATION INC.

How can I best support my loved one/friend who was diagnosed with Breast Cancer*

*American Cancer Society

- Send brief, frequent notes or texts, or make short, regular calls
- Check in with the person who helps with their daily care (caregiver) to see what else they might need
- Call at times that work best for your loved one or set times for them to call you
- Always call before you visit. Be understanding if your friend can't see you at that time.
- Take your own needlework, crossword puzzle, or book, and keep your friend company while they doze or watch TV.
- Listen without always feeling that you have to respond. Sometimes a caring listener is what the person needs most.
- Help your friend focus on whatever brings out good feelings, such as sports, religion, travel, or pets.
- Support your friend's feelings. Let them be negative, withdrawn, or silent. Resist the urge to change the subject.

- Don't urge your friend to "fight" the disease.
- Don't offer medical advice or your opinions on things like diet, vitamins, and herbal therapies.
- Respect their decisions about how their cancer care will be treated, even if you disagree.
- Run an errand for the caregiver; it's as helpful as running an errand for your friend.
- Check before doing something for your co-worker with cancer, no matter how helpful you think you are being.
- Keep them up-to-date with what's happening at work
- Offer practical ideas on what you can do to help, and then follow through.
- Make sure gifts can be used now

Be there for them in the way that they need

EVENTS

- October 3rd ~ 7th Annual Pink 5k Walk/Run
- October 11th ~ 4th Annual Car Show
- October 15th ~ 30th Annual Calendar Event
- Ocotber 15th ~ Sundial Resource Fair

DATES

- October 13th ~ Metastatic Breast Cancer Awareness Day
- October 15th ~ Wear Pink - Think Pink Day
- October 17th - 23rd ~ Men's Breast Cancer Awareness Week