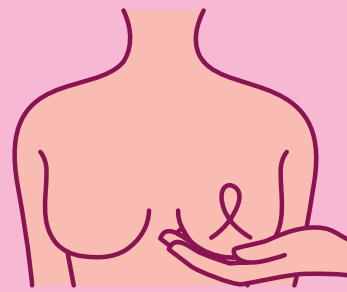


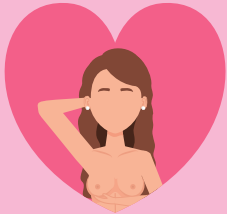
BREAST CANCER

AWARENESS MONTH



Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men.

A breast self-exam that you do for breast awareness helps you understand the normal look and feel of your breasts. If you notice a change in your breasts that seems abnormal or if you notice one breast is different when compared with the other, you should report it to your doctor.

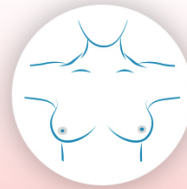


**How Should
A Breast Self-
Exam Be
Performed?**

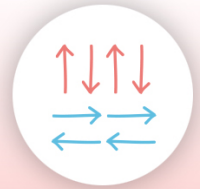
HOW TO DO A BREAST SELF-EXAM IN 6 STEPS



DO ONCE A MONTH, A WEEK AFTER YOUR PERIOD



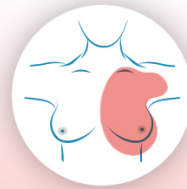
LOOK IN THE MIRROR FOR ANY ASYMMETRIES



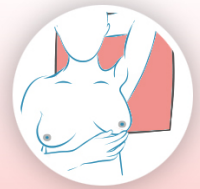
TOUCH ALL PORTIONS OF YOUR BREASTS—UP AND DOWN & LEFT TO RIGHT



START FEELING FOR LUMPS OR MASSES



CHECK FROM THE UNDERARM AREA TO THE CHEST WALL & STERNUM



CONDUCT THE SELF-EXAM STANDING UP OR LYING DOWN

For more information on Breast Cancer Awareness Month, visit:
<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>



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Public Health
Prevent. Promote. Protect.