

SEE PINK, SAN DIEGO?

BECOME BREAST CANCER AWARE IN OCTOBER.

Know Your 4 Keys to Life

1. Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to your health care provider about your personal risk of breast cancer.

2. Get screened

- Talk with your health care provider about which screening tests are right for you if you are at higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Sign up for your screening reminder at komen.org/reminder.

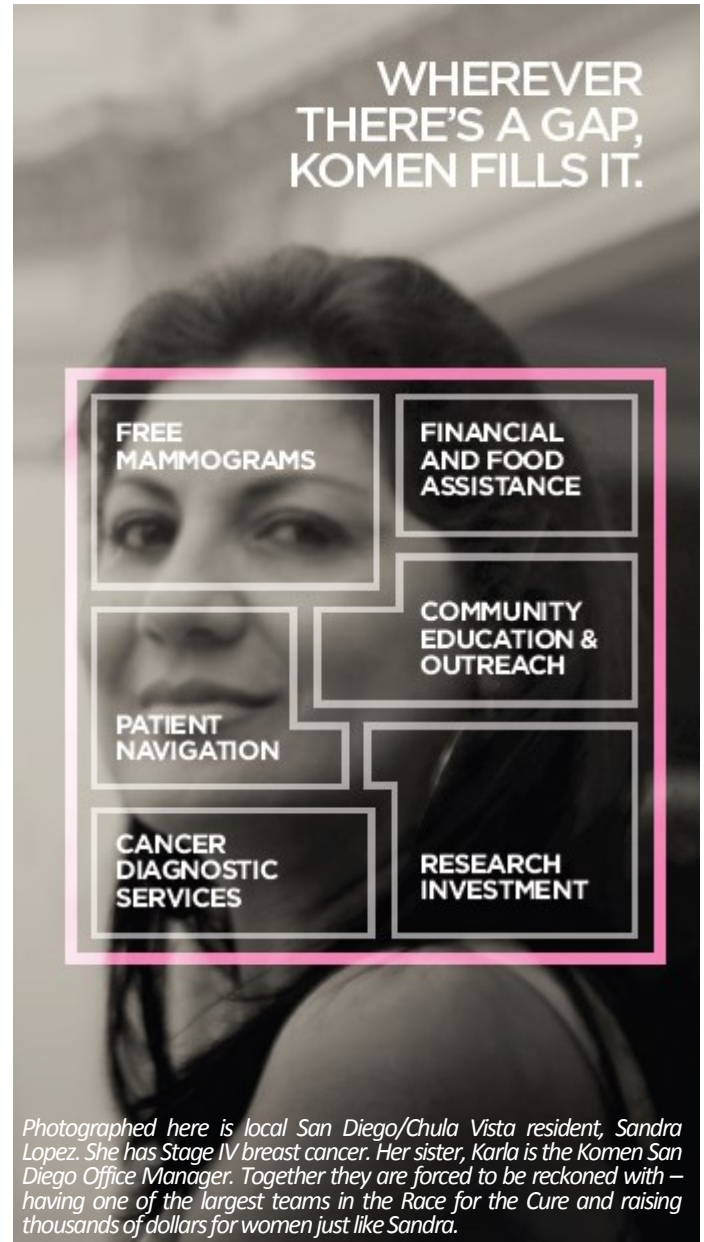
3. Know what is normal for you and see your health care provider if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or under-arm area.
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone therapy (postmenopausal hormone use)
- Breastfeed, if you can

**WHEREVER
THERE'S A GAP,
KOMEN FILLS IT.**



**FREE
MAMMOGRAMS**

**FINANCIAL
AND FOOD
ASSISTANCE**

**COMMUNITY
EDUCATION &
OUTREACH**

**PATIENT
NAVIGATION**

**CANCER
DIAGNOSTIC
SERVICES**

**RESEARCH
INVESTMENT**

Photographed here is local San Diego/Chula Vista resident, Sandra Lopez. She has Stage IV breast cancer. Her sister, Karla is the Komen San Diego Office Manager. Together they are forced to be reckoned with – having one of the largest teams in the Race for the Cure and raising thousands of dollars for women just like Sandra.

Thanks to the generosity of donors and sponsors, Komen San Diego is able to fund many breast-health and breast cancer-related programs in this area. For a full list of grants at work in San Diego County and information on resources and assistance here in San Diego County please visit us at: **KomenSanDiego.org/FreeServices**

**You can also Dial 2-1-1
for breast health related information.**