Sisters,
Take care of your health.
Take part in breast cancer screening and get a breast exam.

Maintain a healthy lifestyle that may reduce risk of breast cancer

- Maintain a healthy weight
- Be physically active
- Eat more fruits, vegetables, and beans, and less beef and pork
- Limit alcohol consumption
- If you give birth to a child, try to breastfeed

Get regular breast exams. When found early breast cancer can be treated effectively. Many breast cancer patients can live long, healthy lives.

"Now I am healthy."

My husband, family, and neighbors supported me.

Now I am healthy and look forward to a long, healthy life.

Yoga

susan g. komen
Who gets breast cancer

1. Breast cancer is one of the most common cancers among Chinese women. Any woman can get breast cancer.

2. Breast cancer risk increases as women get older.

3. If one’s mother, sister, or daughter had breast cancer, one’s risk is higher.

Know breast cancer’s WARNING SIGNS

If you notice any of these changes, consult with a doctor and get a breast exam as soon as possible.

- Breast lumps
- Change in shape or size of the nipple or breast
- Discharge from nipple
- Change in feel or color of the skin

And remember – early-stage breast cancer often has no obvious symptoms. So it is important to get a breast exam at least every two years, even if you observe none of the warning signs.

Don’t let breast cancer scare you.
Early detection, effective treatment, good results.