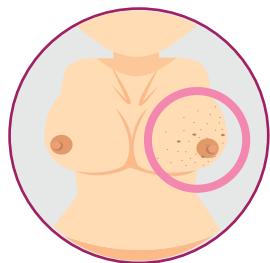


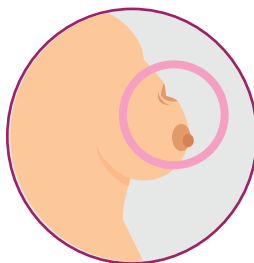
EARLY DETECTION IS YOUR KEY TO SURVIVAL

POSSIBLE SYMPTOMS OF BREAST CANCER

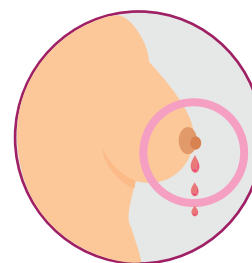
Texture change



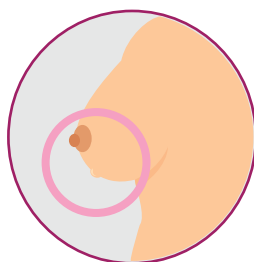
Dimpled or depressed skin



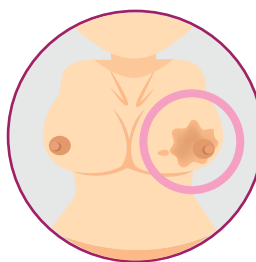
Bloody discharge



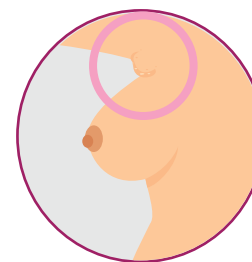
Visible lump



Color change



Lumps in the armpit



TIPS TO LOWER YOUR RISK

- Maintain a healthy weight
- Eat a well-balanced diet
- Drink alcohol in moderation, if at all
- For women who are at higher risk of breast cancer, talk to your doctor about preventive medication and/or surgery
- Exercise regularly
- Ask your doctor for clinical screening tests, including a mammography
- Become familiar with your breasts and perform self-exams at least once a month
- Limit the use of post-menopausal hormone therapy

MORE THAN 90% OF WOMEN DIAGNOSED WITH CANCER
AT AN EARLY STAGE, SURVIVED THE DISEASE.

