

OCTOBER is "NATIONAL BREAST CANCER AWARENESS MONTH"

Steps for Good

Breast Health Care

1. Breast self-awareness

- * Become familiar with your own breasts (we're all different).
- * Do a breast self exam every month starting at age 20 (or at least once a year on your birthday!!!).
This becomes more important as you grow older.

2. Clinical breast exam

- * Have a doctor or nurse perform an exam every year if you are 40 or older.
- * At least every 3 years from age 20 to 39.

3. Mammogram

- * Every year at age 40 and over - sooner if recommended by your medical provider because of family history.
- * Your medical provider may also recommend ultrasound screening.

QUESTIONS or CONCERNS? Call Humboldt Community Breast Health Project
(707) 825-8345 "Women helping Women"