

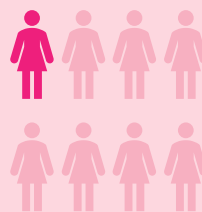
Pink October

Breast Cancer Awareness Month



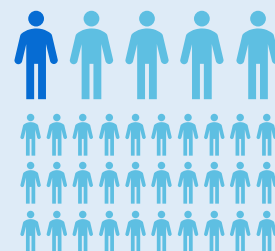
1 in 8

women have a chance of invasive breast cancer during a lifetime.



**1 in
833**

men will be diagnosed with breast cancer in their lifetime



The month of October recognizes breast cancer and helps people become more aware of the facts and prevention methods that are behind this disease. Learn more!

Help Eliminate Risks

There are certain measures you can take to stay healthy and reduce your risk of breast cancer.

Don't smoke

Eat your fruits & vegetables & maintain a healthy weight

Get a mammogram and conduct regular self-examinations

There are certain risk factors that cannot be changed such as age, gender and family history, but you can take certain steps like those listed above to lower your risk and catch the disease early.



Exercise

10-19 hours per week can lower your risk up to 30%.



Drink less

If you're a women and you drink, limit your alcohol intake to reduce your risk.



Know the signs

Be aware of what's normal for you and tell your doctor about any changes.



Be your own advocate

Create a prevention and treatment plan with your doctor that focuses on your needs.