



Breast Health Self-Exam Reminder

Good Health is contagious!
Catch some on the Eastside
Allen Neighborhood Center
April 2005

**For information on
obtaining a free Breast
Health Support Kit or to
find out if you qualify for
a free mammogram or
clinical visit contact
ANC at 367-2468**

Is Breast Cancer Preventable?

We do not know how to prevent breast cancer, but women of average risk for developing the disease can somewhat reduce their risk by changing those risk factors that can be changed. These include exercising regularly and maintaining a healthy body, avoiding alcohol, and giving birth to several children and breast feeding them for several months. Also avoiding Hormone Replacement Therapy after menopause will keep you from increasing your risk. Since we do not know how to prevent breast cancer it is important that women follow early detection guidelines including monthly self-exams and yearly clinical exams.

REMINDER