

Prevention/Awareness

REGARDING

BREAST CANCER

Prevention

- ▶ Here are some suggestions to assist with preventing breast cancer:
 - ▶ Maintain a healthy weight
 - ▶ Remain physically active
 - ▶ Eat a healthy diet with fresh fruit/vegetables
 - ▶ Don't smoke (Siteman Cancer Center, 2020)

Awareness/Definition

- ▶ What is breast cancer:
 - ▶ Cells that grow out of control in the breast/s and or nearby lymph nodes

Awareness

Here are some ways to draw awareness toward maintaining healthy breast tissue:

- *Self-exams ([Breastcancer.org](https://www.breastcancer.org), 2020)
- *Exams by a doctor
- *Mammogram and or Sonogram

Consult with your doctor for the techniques for self-exams and for the schedule of visits with your doctor

What do you do if you think you found a lump in your breast tissue?

- ▶ Schedule an appointment with your doctor
- ▶ Schedule an appointment on the Stony Brook “on the van mammogram”
- ▶ We are offering appointments here at the Family Center on Wednesday, October 28, 2020

Other Resources:

- ▶ <https://www.stonybrookmedicine.edu/patientcare/surgery/patient-care/clinical/breast-surgery/specialty-center>
- ▶ Hermanas Unidas En La Salud
 - ▶ 1 (800) 877-8077 Susan G. Komen
- ▶ Northwell.edu/cancerinstitute/cancer-care/breast-cancer
 - ▶ (855) 858-8550
- ▶ Siteman Cancer Center (Google, 2020)