



OCTOBER

BREAST CANCER AWARENESS MONTH

Facilitates *“The Journey”* a Breast Cancer Support Group
Open to all Breast Cancer Survivors, their family, and friends.



*For more information please contact:
Joni Michaud, LPN/Health Education Technician
(207) 444-5973*



Breast cancer is the second most common type of cancer. Although breast cancer mainly affects women, men can get breast cancer also.

Early detection is the best protection!

What Can I Do?

- **Know your risk:** Talk to your family to learn about your family health history. Talk to your doctor about your personal risk of breast cancer.
- **Get Screened:** Have a mammogram every year starting at age 40 or earlier if suggested by your doctor. Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- **Know what is normal for you:** Learn how your breasts normally look and feel. See your doctor right away if you notice any breast changes i.e. lump, swelling, warmth, redness, change in size/shape, nipple discharge, itchy/scaly sore or rash on the nipple, dimpling or puckering of the skin.
- **Make healthy lifestyle choices:** Maintain a healthy weight, add exercise into your routine, and limit alcohol intake.

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