

Reduce your Risk!

Here is a list of a few thing you can avoid or do to lower you risk of developing Breast Cancer:

- Keeping a healthy weight
- Exercise regularly
- Avoid alcohol
- Be a non-smoker, and avoid second hand smoking
- Protect yourself from the sun exposure
- Check yourself, or get a screening

RESOURCES

If you are interested in learning or more getting a screening make sure to check these places out:

- Providence St. Mary Medical Center
 - They offer a variety of breast health services. Make sure to contact your doctor before hand to see other locations available in your area.
 - Mammography
 - Breast MRI
 - Breast Ultrasound
 - Breast Biopsy
 - Ductography
- Walla Walla Women's Clinic, 55 W. Tietan Street, Walla Walla
- Planned Parenthood (Walla Walla health center of Walla Walla, WA), 828 S. First Ave. Walla Walla
- Family Medical Center, 1120 W Rose Street, Walla Walla.



**WEAR PINK IN SUPPORT
ALL MONTH LONG**



Breast Cancer Awareness

Brought to you by WWCC SGA

Symptoms of Breast Cancer

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

If you have any signs or symptoms that worry you, be sure to see your doctor right away.

CHECK YOURSELF

Use your 3 middle fingers to press firmly but gently on each breast, and do the following motions:



UP & DOWN



WEDGES



CIRCLES



THE GLIDE

Breast Cancer

WHAT IS BREAST CANCER?

Breast Cancer is a disease where breast cells grow out of control. The type of cancer is determined on which cells have cancer. Make sure to visit the QR for more information.

IN MALES?

Although rare its not impossible to develop breast cancer as a male. The same precautions are advised.



Visit this page to see more information about breast cancer