



BREAST SELF-AWARENESS

1. KNOW YOUR RISK
2. GET SCREENED
 - Ask your doctor which screening tests are right for you
 - Have an annual mammogram beginning at 40
 - Have a clinical breast exam beginning at age 20
3. KNOW WHAT IS NORMAL FOR YOU
4. MAKE HEALTHY LIFESTYLE CHOICES

*For more information visit our website
or call our breast care helpline.*

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