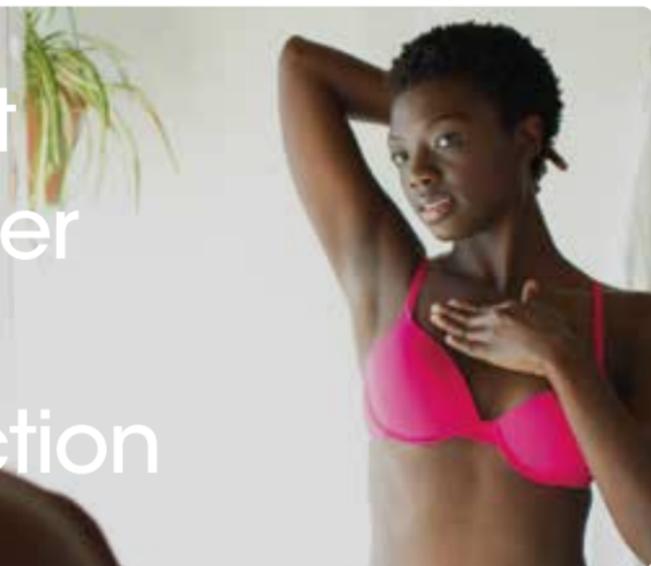


Breast Cancer Early Detection



KNOW YOUR NORMAL

We all have different breasts – different sizes, shapes and densities. Define what is normal for your breast tissue - **which extends up to your collarbone, into your armpits, and into your breastbone** - so that if something changes, you're equipped to notice.

FACT

Breast cancer is the leading cancer diagnosis in women in the U.S.

THE BRIGHT SIDE

When breast cancer is detected early, the 5-year survival rate can be 98%.

KNOW THE SIGNS & SYMPTOMS

- Swelling, soreness or rash
- Change in size or shape
- Dimpling or puckering
- Itchy, scaly sore or rash around the nipple
- Warmth, redness or darkening
- Flat or inverted nipple
- Nipple discharge
- New, persistent pain in one spot
- Persistent itching
- Bumps that resemble bug bites
- A lump that feels like a frozen pea

Take Note: Soft, mobile lumps that come and go with your period are common and typically normal.

If you notice any of these symptoms persisting after 2 weeks, see your doctor.

CHECK IN REGULARLY

breasthealthreminders™



TEXT PINK TO 59227

for text message reminders to monitor your breast health.

Message frequency is recurring after opt-in. Text STOP to quit or HELP for info. Message & data rates may apply. Privacy Policy: <https://www.brightpink.org/privacy-policy/>



Could It Be My Ovaries?

KNOW YOUR NORMAL

As there is no effective test for ovarian cancer, many of the symptoms may be confused with common menstrual or digestive issues, which makes it difficult to detect at an early stage.

FACT

Two-thirds of women diagnosed with ovarian cancer will die as a result.

THE BRIGHT SIDE

When ovarian cancer is detected early, the 5-year survival rate can be 92%.

KNOW THE SIGNS & SYMPTOMS

- Bloating
- Difficulty eating or feeling full quickly
- Pelvic or abdominal pain
- Needing to urinate urgently or often
- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during intercourse
- Constipation
- Menstrual changes

Take Note: These symptoms are things you might dismiss as normal, like heartburn from eating too much spicy food or feeling bloated as a result of your period.

When these symptoms persist or worsen for 2 weeks, see your doctor and ask: "Could it be my ovaries?"

KNOW YOUR RISK

[assessyourrisk.org](https://www.assessyourrisk.org)[™]



Take our quiz that combines family and personal health history and lifestyle factors to understand your breast and ovarian cancer risk.