OCTOBER

BREAST CANCER

Awareness Month

SIGNS OF

BREAST CANCER

lumps

nipple discharge

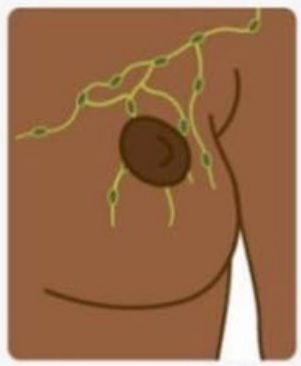
dimpling

breast or nipple pain

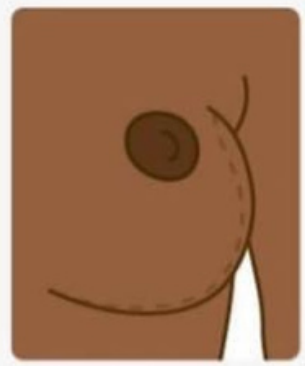
nipple retraction or inversion

redness

changes to skin texture



lymph node changes



swelling

MEDICALNEWSTODAY

Know Your Risk

One out of every Eight women develop Breast Cancer.

Identify factors in your life and family history that could increase your risk of getting Breast Cancer. Also administer self-breast exams for any abnormalities.

Breast Cancer is the most diagnosed cancer amongst Black women.

BRIDGE

WOMEN WHO WENT IN FOR THEIR TWO MOST RECENT MAMMOGRAMS BEFORE A DIAGNOSIS HAD A 50% LOWER RISK OF DYING.

FOR INFORMATION ON FREE MAMMOGRAMS FOR DOCUMENTED AND UNDOCUMENTED WOMEN CONTACT EUDORA CARTER:

Center for MultiCultural Health

CENTER FOR MULTICULTURAL HEALTH

EUDORA.CARTER@CSCHC.ORG

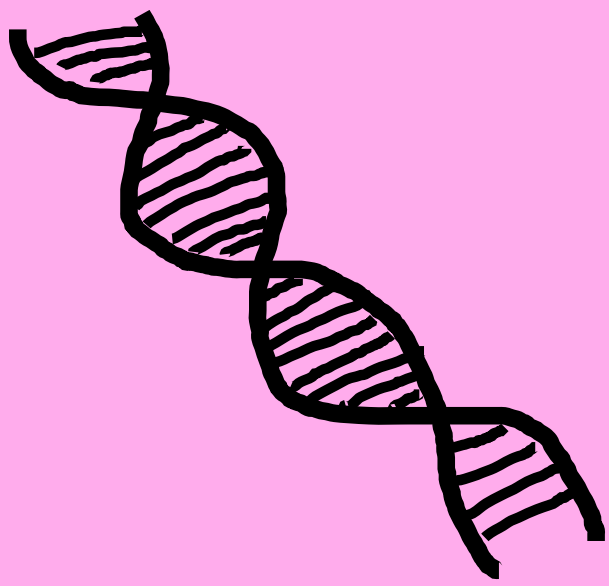
206-461-6910

BRCA GENES

BRCA1 and BRCA2 genes are two genes that are important to fighting cancer. When they work normally, these genes help keep breast, ovarian, and other types of cells from growing and dividing too rapidly. Mutations prevent them from working normally.

GROUPS AT HIGHER RISK FOR BRCA MUTATION:

- Several relatives with breast cancer
- Any relatives with ovarian cancer
- Relatives who got breast cancer before the age of 50.
- A relative with cancer in both breasts
- A male relative with breast cancer
- A relative with known BRCA gene mutation



CONTACT YOUR PRIMARY CARE PROVIDER TO TEST FOR THE BRCA MUTATION TODAY.

BLACK WOMEN HAVE A

31%

BREAST CANCER MORTALITY RATE - THE HIGHEST OF ANY U.S. RACIAL OR ETHNIC GROUP

IN LOVING MEMORY OF

Rahima Jackson

February 20th, 1970 - August 12th, 2021