



October is Breast Cancer Awareness Month. During this month, we have decided to share stories of struggle, battle and achievement of those who have overcome this disease. For more stories from courageous women and men, please visit <http://ww5.komen.org/impact>



**“I am passionate about helping women and showing them that there is life – and hope – after breast cancer.”**

Sharon Thompson is a 6 year cancer-free survivor. Thanks to getting screened yearly by her physician, Sharon’s breast cancer was caught early.

Sharon, now the manager of multicultural marketing at Susan G. Komen for the cure, says that early detection not only saved her life, but also gave her a new passion --helping those like her.

“In my other role as a Pink Together Survivor Ambassador at Komen, I help women – just like me – overcome their battles.” Sharon hopes to encourage, inspire, and help individuals and their families overcome this disease.

## Detection

If breast cancer is found early, there are more treatment options available as well as a greater chance of survival.

Early detection can be achieved by making appointments with your physician yearly, as well as having a clinical exam. A breast self-exam is also recommended. Once you become familiar with your breasts, you will be able to notice if there are any changes.

A mammogram with a clinical breast exam can increase your chance of finding the cancer early and surviving.

Even if you are currently feel healthy and do not notice any changes in your body, it is still smart to get checked regularly. Your health is important, make the decision to get screened.



## Breast Self-Awareness

### 1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your physician about your personal risk of breast cancer

### 2. Get screened

- Ask your physician which screening tests are right for you
- Have a mammogram every year starting at age 40 if you are at average risk

### 3. Know what is normal for you

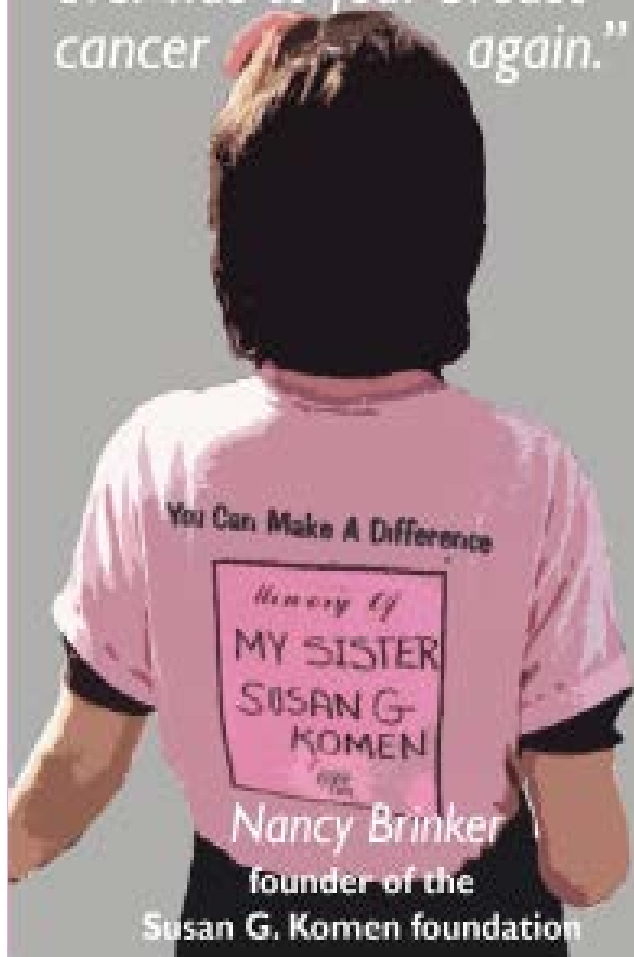
- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn’t go away

See your health care physician if you notice any of these breast changes.

### 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Make exercise a part of your routine
- Limit or reduce alcohol intake

“We are so close to creating a world without breast cancer. The science is there. Now is the time for us to see this fight through so that no one ever has to fear breast cancer again.”



# CONTACT



5005 LBJ Freeway, Suite  
250

Dallas, TX 75244

1-877 GO KO5005 LBJ  
Freeway, Suite 250

Dallas, TX 75244

1-877 GO KO-  
MEN(1-877-465-6636)

SUSAN G.  
**Komen**  
FOR THE **cure**



Early detection of  
breast cancer  
saves lives.

