



BREAST CANCER

GRAPHIC 1



X

Knowing how your breasts normally look and feel can help you notice changes, such as lumps, pain, a difference in breast size or skin irritation. Talk to your health care provider if you find changes in your breasts. Learn more about symptoms and screening: health.ny.gov/diseases/cancer/breast/campaign/

FACEBOOK

Knowing how your breasts normally look and feel can help you notice changes, such as lumps, pain, a difference in breast size or skin irritation. But self-exams alone are not enough to find breast cancer. Get your mammograms regularly and talk to your health care provider right away if you notice any changes in your breasts. Learn more about symptoms and screening:

health.ny.gov/diseases/cancer/breast/campaign/

GRAPHIC 2



CAPTION

A mammogram to screen for breast cancer is recommended every other year for all females from age 40 until age 74. Your risk for breast cancer increases as you age even if you do not have a family history of the disease. Learn more about the need for screening: health.ny.gov/diseases/cancer/breast/campaign/



Public Health Toolkit

Social Media



Department
of Health

GRAPHIC 3



CAPTION

Breast cancer screening means looking for signs of breast cancer before there are any symptoms or problems. A mammogram is an X-ray of the breast that can find breast cancer early when treatment may work best. Beginning at age 40, get a mammogram at least every two years. Visit: health.ny.gov/diseases/cancer/breast/campaign/

GRAPHIC 4



CAPTION

You can begin to lower your risk for breast cancer now. Learn about risk factors and steps everyone can take to protect against breast cancer. Visit: health.ny.gov/diseases/cancer/breast/symptoms.htm



Public Health Toolkit

Social Media



Department
of Health

GRAPHIC 5



CAPTION

You are not alone. The NYS Cancer Services Program offers free breast cancer screening for eligible, uninsured NYS residents. Those eligible can also find help for follow-up tests and treatment. Learn more and find your local cancer program: health.ny.gov/diseases/cancer/services/