

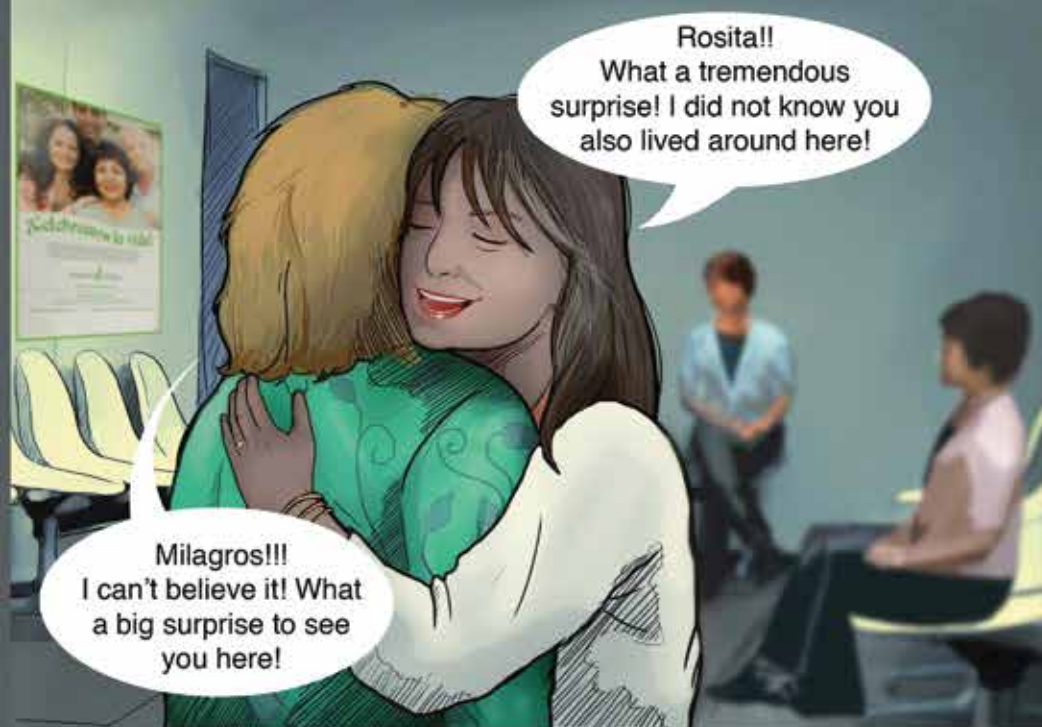
A FORTUNATE ENCOUNTER:

TALKING ABOUT BREAST CANCER



prevent & cancer[®]
FOUNDATION

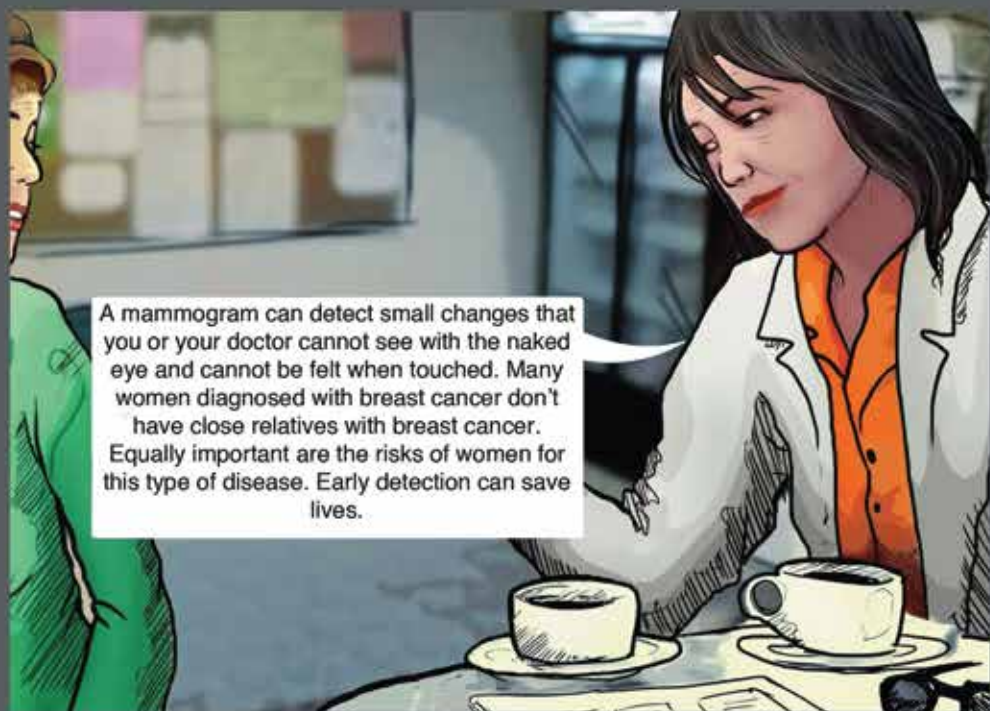
This is the story of two friends, Milagros and Rosita, who have not seen each other in many years. Milagros is a nurse at a community clinic and Rosita is there to make a doctor's appointment. They meet by chance and this is what happened....








No. For what?
If my breasts have not
changed, do not hurt, and no
one in my family has breast
cancer.




A mammogram can detect small changes that you or your doctor cannot see with the naked eye and cannot be felt when touched. Many women diagnosed with breast cancer don't have close relatives with breast cancer. Equally important are the risks of women for this type of disease. Early detection can save lives.



Milagros,
you know that for many reasons in
our country, women barely speak about
cancer. One reason is the fear that she
has this disease. I don't know much
about breast cancer.


Breast cancer is the
uncontrolled growth of
cancer cells which kill
normal healthy cells.
It can invade other
parts of the body if not
detected.

I am
told that mammograms
hurt. Is that true?



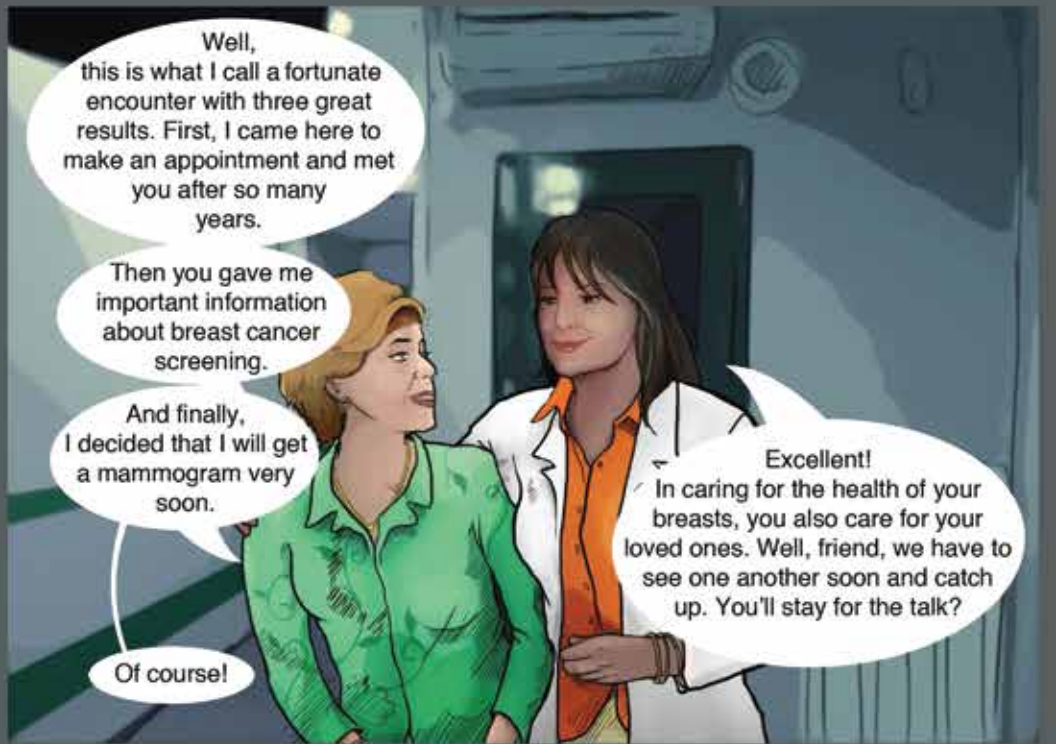
It's different for every woman. Most
feel some discomfort when the
breast is pressed, but this lasts only
a few seconds and it's done! A
mammogram is a breast x-ray which
takes pictures of the inside of the
breasts. This takes only a few min-
utes. The doctor then studies the
pictures. Next, the results are given
to the woman. You always hope that
the results are good. Similarly, it is
better to find cancer early so that it
can be treated immediately.

You convinced
me, Milagros! We can say
that then early detection
is protection for tomorrow.
But, is it expensive? I do not
have health insurance.



Don't worry, Rosita. There are places where you can get free mammograms and you don't need insurance. I'll give you the information.

Thank you very much for taking your lunch time to talk with me.



Well, this is what I call a fortunate encounter with three great results. First, I came here to make an appointment and met you after so many years.

Then you gave me important information about breast cancer screening.

And finally, I decided that I will get a mammogram very soon.

Of course!

Excellent! In caring for the health of your breasts, you also care for your loved ones. Well, friend, we have to see one another soon and catch up. You'll stay for the talk?

END

Suggestions that you can share with your family and friends:

- Ask your doctor about your risks for developing breast cancer.
- Know your breasts, how they feel and how they look. If you notice changes such as redness, drainage, hardness, or swelling, talk with your doctor as soon as possible.
- Maintain a healthy weight, exercise, limit alcohol consumption and, if you have babies, breastfeed them.
- You are important! If you are older than 40, do not let anything stop you from getting an annual mammogram and clinical breast exam.

CONTACTS AND INFORMATION

Contact name _____

Her phone number _____

The Prevent Cancer Foundation is the only U.S. 501(c)3 nonprofit organization solely devoted to cancer prevention and early detection. The Foundation focuses its resources on cancers that can be prevented through lifestyle changes or early detection, when treatment is more likely to be successful. Since its founding in 1985, the Prevent Cancer Foundation has invested more than \$142 million in research, education, advocacy and community outreach programs across the nation in support of our mission.

