



I AM THE **POWER** TO MAKE A DIFFERENCE
 I AM THE **CHANGE** WITHIN MY COMMUNITY
 I AM THE **FUTURE** WITHIN MY FAMILY!

BREAST CANCER IS A SCARY TOPIC FOR GIRLS OR WOMEN OF ANY AGE.

Even though it might seem easier to avoid talking about it, knowing more about how breast cancer has affected your family is the first step in facing the problem. Remember, **YOU HAVE THE POWER** to impact how your family thinks about breast health!

QUESTIONS TO ASK YOUR FAMILY MEMBERS:

- 1 Did anyone talk to you about breast health when you were growing up?
- 2 Do you take any steps to monitor your breast health?
- 3 Has anyone in our family had breast cancer?
- 4 Could you help me fill in this breast health family tree?

SOME FACTS YOU MAY WANT TO SHARE!

CATCH IT EARLY: It is recommended for African American women to do monthly breast self-exams starting at age 20 and get a yearly mammogram beginning at age 35. In fact, 4 out of 10 breast cancer cases are detected by women who find a lump through a breast self-exam.

FAMILY MATTERS: A woman with one close female relative living with breast cancer has almost twice the risk of a woman without a family history. If she has more than one immediate family relative, her risk is about three to four times higher.

AFRICAN AMERICAN RISK: Nearly one in five African American women living with breast cancer did not learn of their disease until it had advanced to a later, more serious stage. While African American women are diagnosed with breast cancer less often than white women, they are more than twice as likely to die from their disease. The earlier cancer is detected, the better chance you have to beat it!

My Family Tree

- 1 Name: _____
 Relationship to You: _____ Age: _____
 Last mammogram: _____ Last self-exam: _____
 Breast cancer diagnosis? _____ At what age? _____

- 2 Name: _____
 Relationship to You: _____ Age: _____
 Last mammogram: _____ Last self-exam: _____
 Breast cancer diagnosis? _____ At what age? _____

- 3 Name: _____
 Relationship to You: _____ Age: _____
 Last mammogram: _____ Last self-exam: _____
 Breast cancer diagnosis? _____ At what age? _____

NOTES: _____

