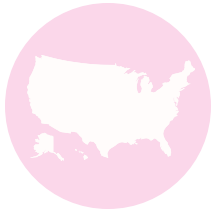


CODE PINK:

BE AWARE OF BREAST CANCER

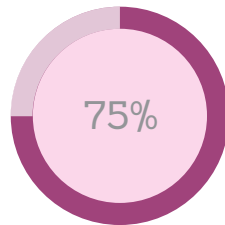
BREAST CANCER AWARENESS BY THE NUMBERS...



Over 3.3 million breast cancer survivors are alive in the United States today.



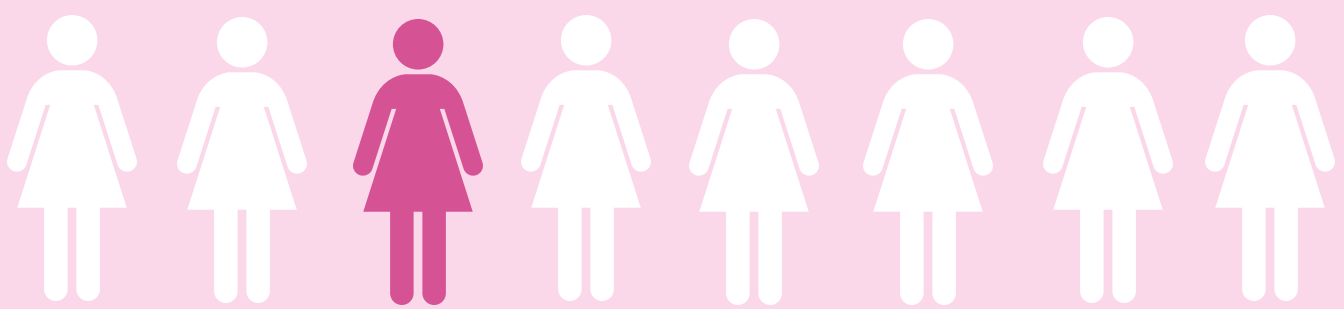
Age is a contributing risk factor, about 77% of diagnosed cases are women 50+ years old.



70-80% of women get breast cancer without having a family history of the disease.



40% of diagnosed breast cancer are detected by women during monthly self-exams.



1 in 8 women will be diagnosed with *breast cancer* in their **LIFETIME**.



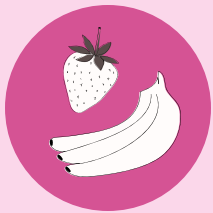
Every 2 minutes a women in the U.S. is diagnosed with breast cancer.



Every 13 minutes a women in the U.S. loses her life to breast cancer.

WHAT CAN I DO TO REDUCE MY RISK OF BREAST CANCER?

Although you cannot prevent breast cancer, some of the habits that can reduce your risk are...



BALANCED DIET
Eat fruits and vegetables.



ACTIVE LIFESTYLE
Stay physically active.



HEALTHY WEIGHT
Maintain a healthy weight.



NO SMOKING
Do not smoke.



REDUCE ALCOHOL
Limit alcohol consumption.



When breast cancer is detected early, and is in the localized stage, the 5-year survival rate is 100%. Early detection includes doing monthly self-exams and scheduling regular clinical breast exams and mammograms.

BEAT BREAST CANCER & GET CHECKED TODAY!