



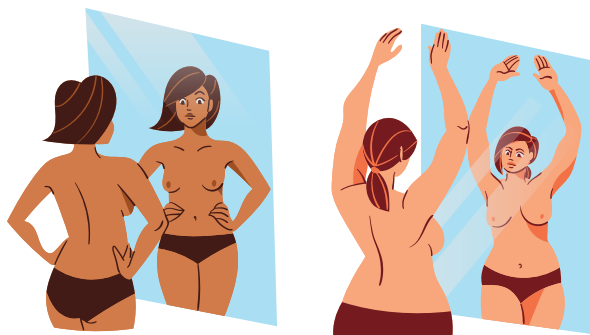
Know Your Body

Self Breast Exam Steps

Step 1: Stand in front of a mirror, undressed with your hands at your sides and look for the following:

Lumps	Irritation
Skin Changes	Pulling-in
Dimpling	Discharge
Swelling	Redness

Step 2: Inspect your breasts for changes in Step 1 with your hands pressed on your hips, then again with both hands raised above your head with your palms pressed together.



Step 3: Lay down somewhere flat. Feel your breasts one at a time while lying on your back, use your fingertips from your opposite hand and firm pressure.



Start outside of your armpit near your back with a small circular motion, and move up and down in lines from high in your armpit to below your breast cleavage.



Knowing what is normal for your body is important in-between routine breast cancer screenings.

When to get a Mammogram?

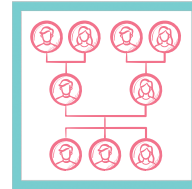
EARLY DETECTION HELPS SAVE LIVES



Annually after age 40 or



Breast pain or changes or



Family history of breast cancer

Call to schedule your screening today:

1-888-672-9647

DBCC

The programs of the **Delaware Breast Cancer Coalition (DBCC)** are designed to educate the community, provide outreach to under-served communities, connect survivors to local resources, and enrich the lives of those living with breast cancer while promoting a healthy community.

Delaware's Most Trusted Breast Cancer Resource



Wilmington | Dover | Rehoboth
debreastcancer.org

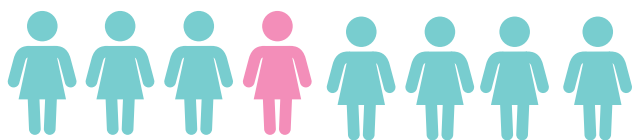


Breast Cancer Basics

DBCC's 2022 Edition

1 in 8...

women will be diagnosed with breast cancer in her lifetime.



Don't Wait!

Never delay breast cancer screenings or follow-up appointments.

Prevention Tips



Be Active
75-150 mins
of exercise
per week



Maintain
a healthy
weight



Make healthy
choices



Breastfeed for at
least 6 months



Avoid or
limit alcohol



Talk to your
Dr. about your
personal risks

Early Detection Saves Lives!

When diagnosed early, better treatment options are available and there is a better chance of survival.



SCAN TO
LEARN MORE!

3.8M

breast cancer
survivors are alive in
the United States,
including women still
being treated and
those who have
completed
treatment.

What is breast cancer?

Breast cancer is a type of cancer that starts in the breast when something goes wrong and your cells keep making new cells and the old or abnormal ones don't die when they should.

Breast Cancer is the 2nd most common cancer for women.

US 2022 Estimates:

New Cases: 290,560

(2,710 , 287,850 )

Delaware: 1,010

Deaths: 43,780

(530 , 43,250 )

Delaware: 160



For men the lifetime risk of getting breast cancer is **1 in 833**.

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Breast Cancer Resource



DELAWARE
BREAST CANCER
COALITION

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