

# Breast Cancer Awareness



## Building Breast Cancer Awareness

Breast Cancer Awareness Month, held in October every year, is known best for its pink themed color. The month of October features a number of campaigns and programs conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers. They are aimed at supporting people diagnosed with breast cancer including metastatic breast cancer as well as educating people about breast cancer.

They are aimed at but not limited to the following:

- Supporting people diagnosed with breast cancer, including metastatic breast cancer
- Educating people about breast cancer risk factors
- Stressing the importance of regular screenings, starting at age 40 or an age that's appropriate for your personal breast cancer risk
- Fundraising for breast cancer research

## Additional Support

- American Cancer Society (<http://www.cancer.org/cancer/breastcancer/index>) The American Cancer Society website contains information on many aspects of cancer care geared toward patients and caregivers.

- National Cancer Institute (<https://www.cancer.gov/types/breast>) National Cancer Institute is a federal program that is part of the National Institutes of Health. It has resources and information for patients and caregivers which is based on scientific research.

- Centers for Disease and Prevention (<http://www.cdc.gov/cancer/breast/>) The Centers for Disease and Prevention website provides resources for breast cancer patients.

### Screenings

Women should get a clinical breast exam at least every three years, starting in their 20's, and get an annual exam and mammogram starting at age 40. Breast self-exam is an option beginning at age 20. See a doctor about any breast changes.

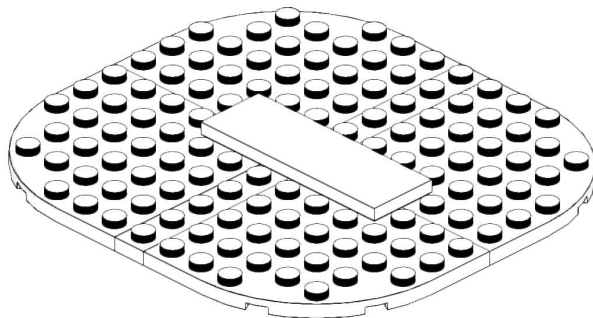
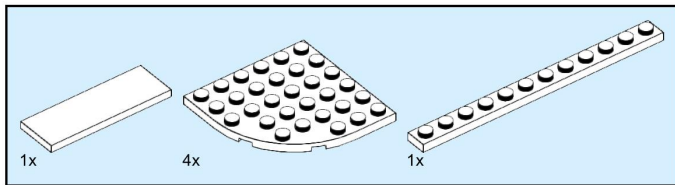
### Risk Factors

Some risk factors for breast cancer are not preventable, such as getting older, personal or family history of breast cancer or some non-cancerous breast diseases, while some risk factors can be associated with lifestyle choices. Not being physically active, being overweight or obese after menopause or drinking alcohol can increase your risk. If you have questions about potential risk factors in your life, talk with your doctor.

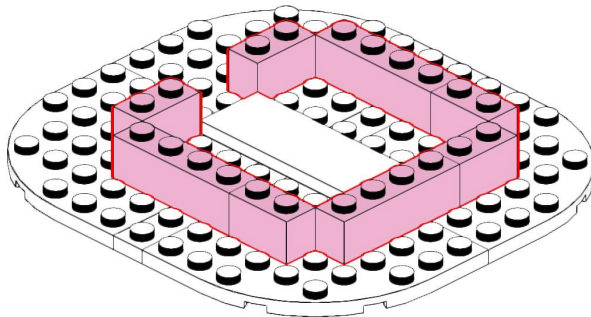
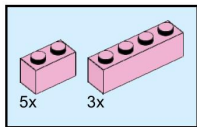
### Symptoms

Possible symptoms of breast cancer may include swelling of all or part of the breast, breast or nipple pain or the nipple turning inward, or a lump in the underarm area. Skin irritation or dimpling, redness, scaliness, or thickening of the nipple or breast skin, or nipple discharge other than breast milk are other possible signs. Please consult with your doctor if you experience any of these symptoms.

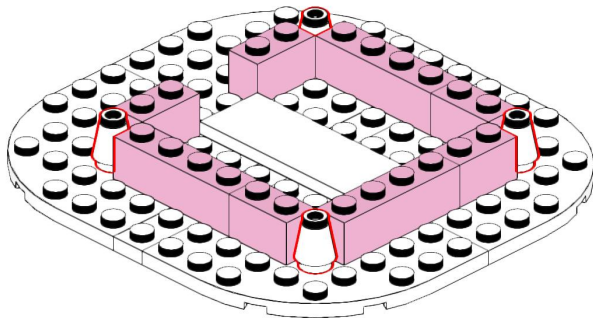
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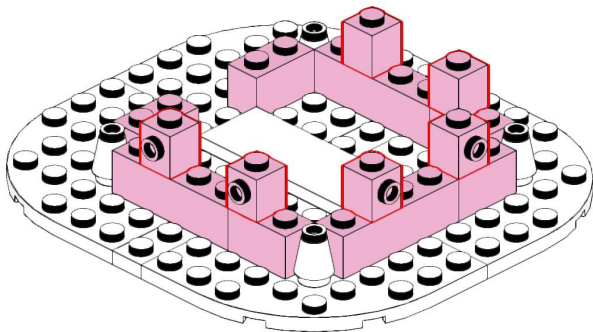
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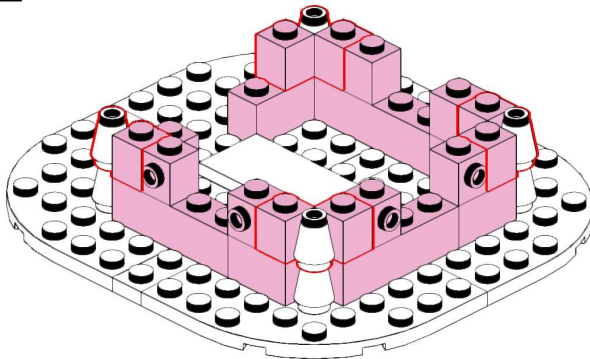
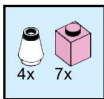
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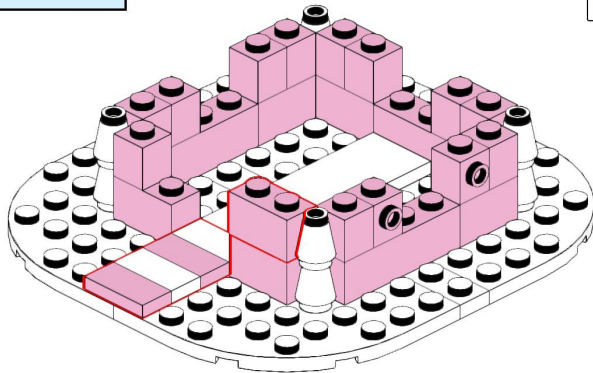
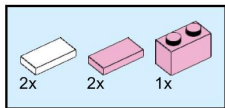


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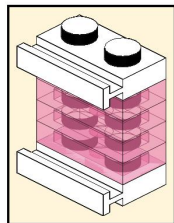
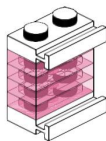
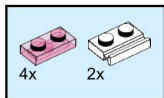




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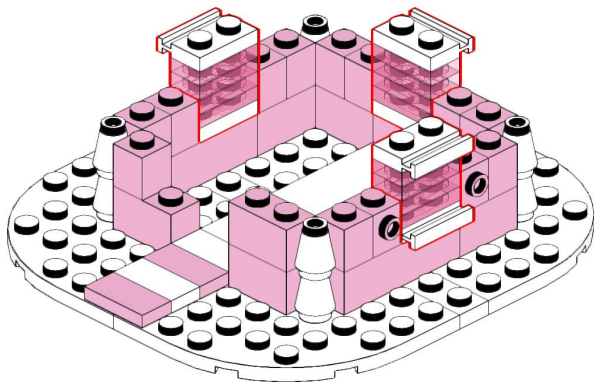


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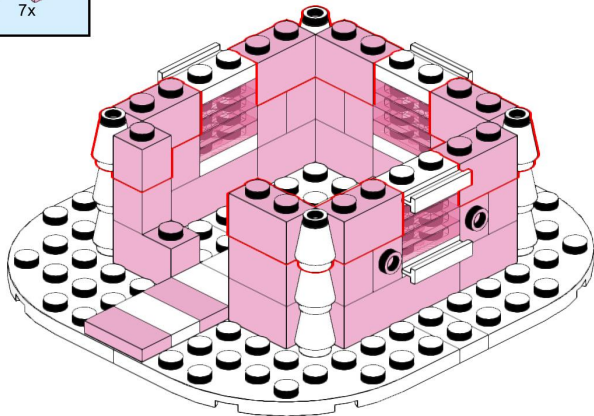
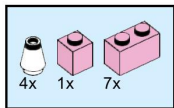


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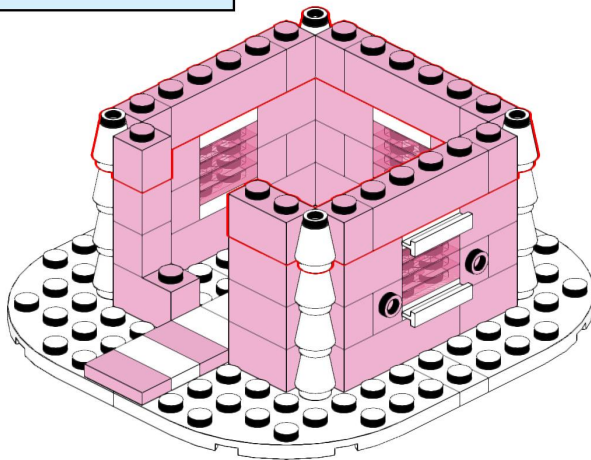
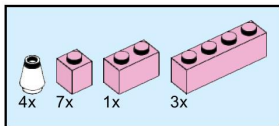
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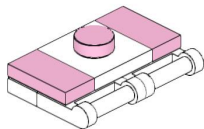
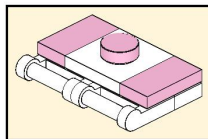
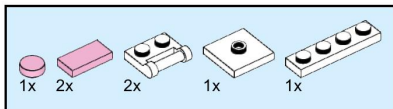
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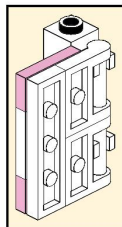
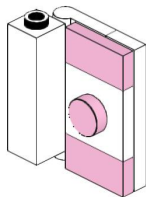
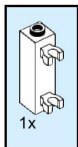
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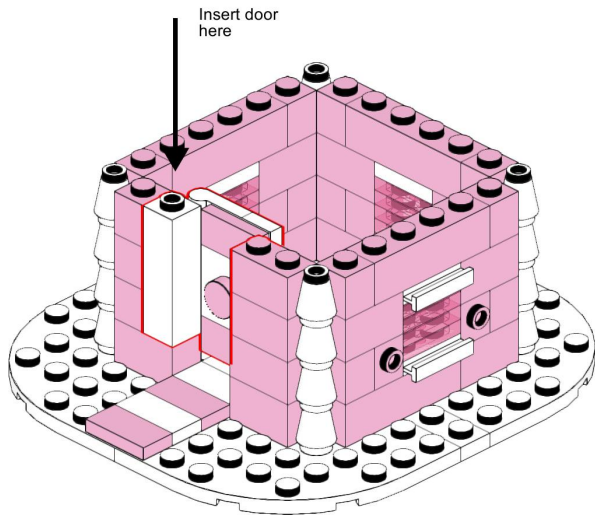
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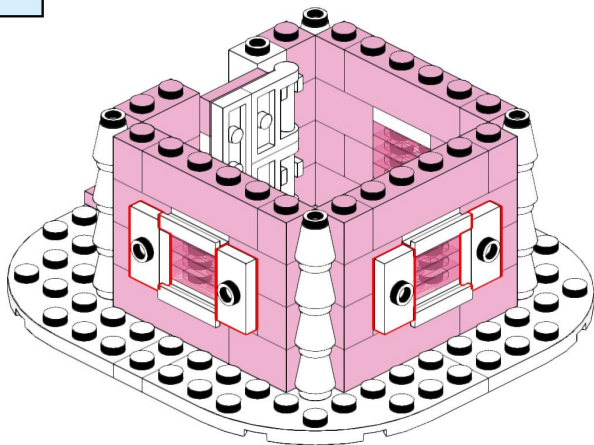


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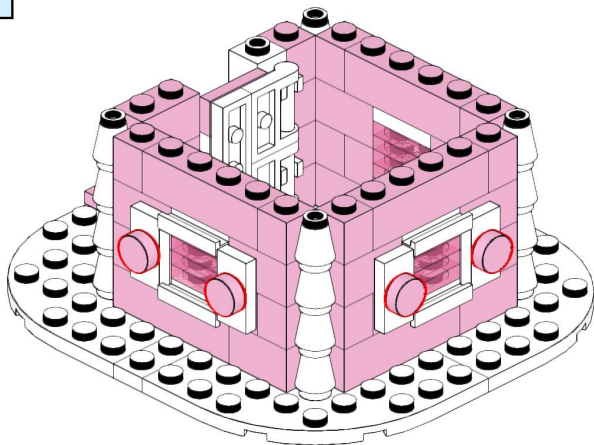




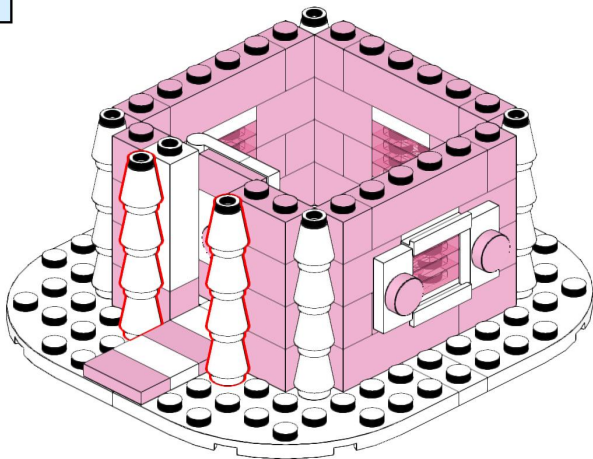
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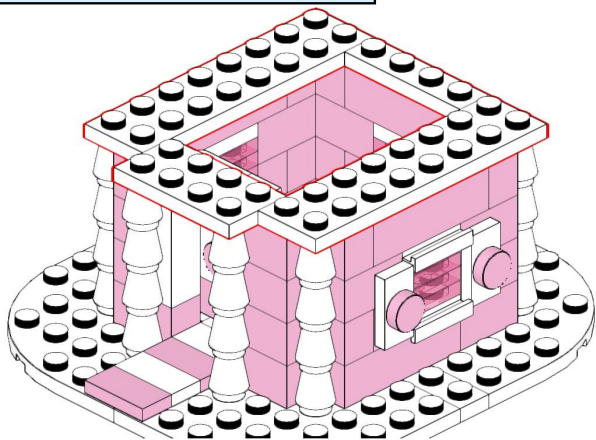
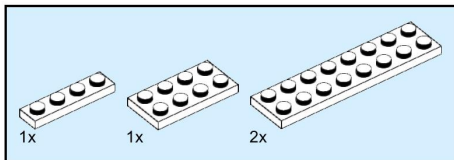
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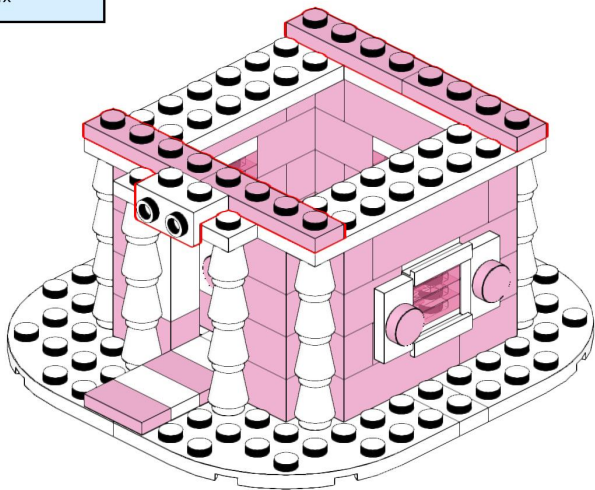
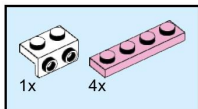
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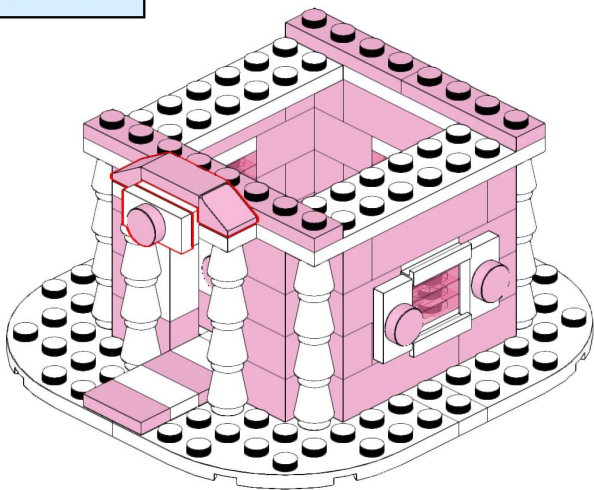
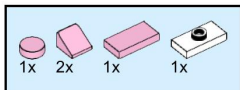
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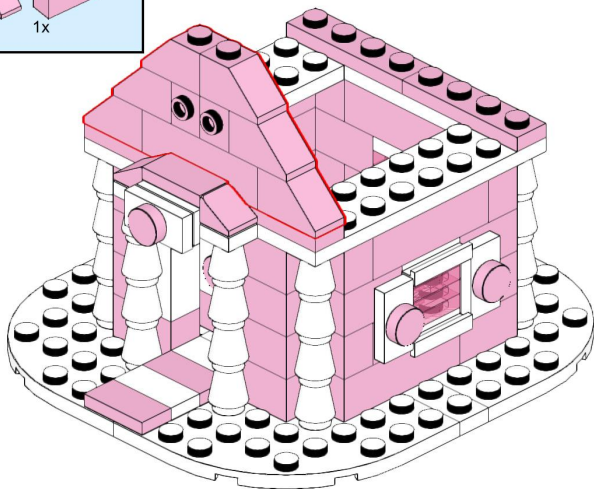
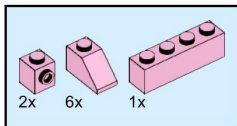
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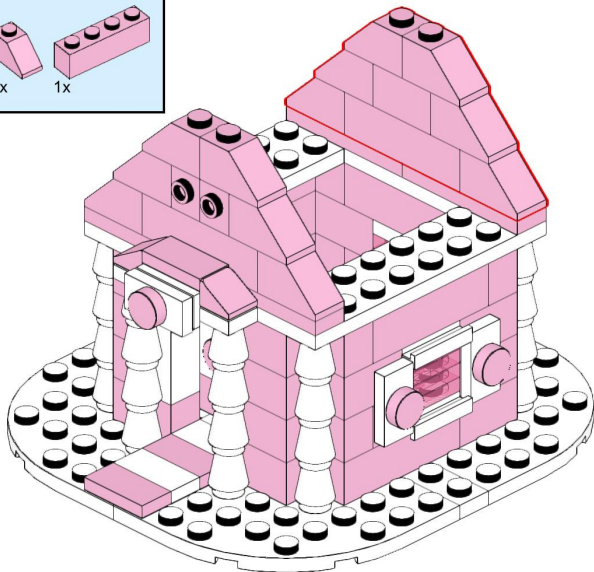
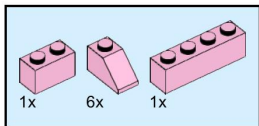
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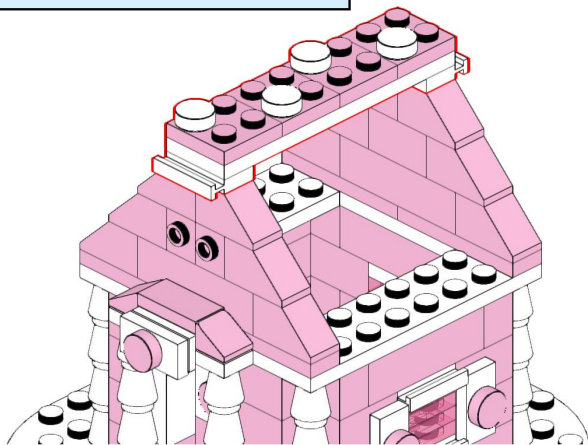
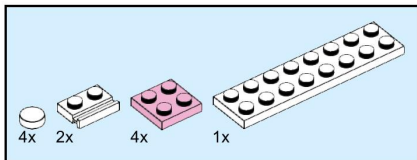


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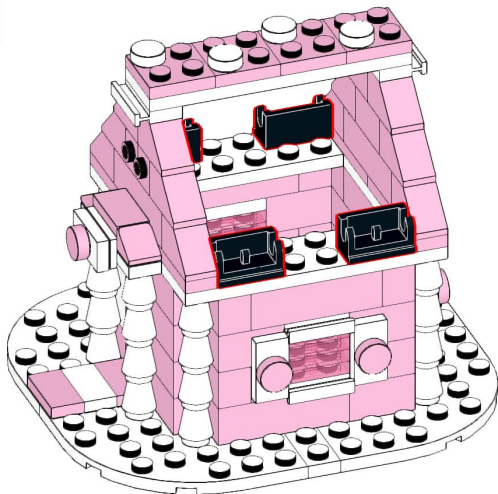
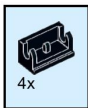




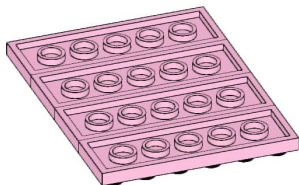
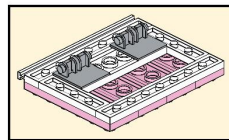
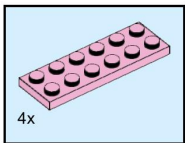
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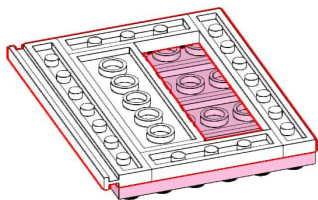
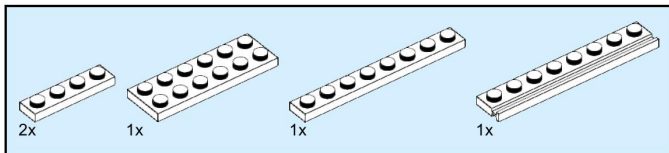
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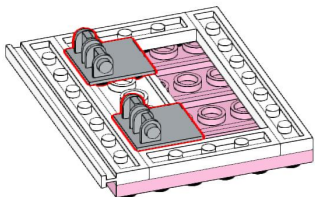
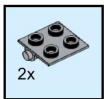
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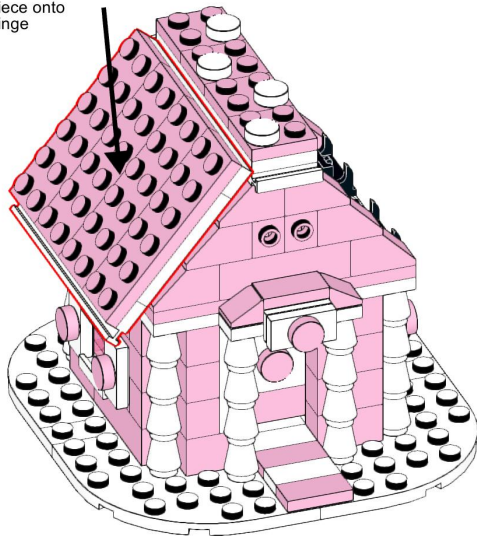


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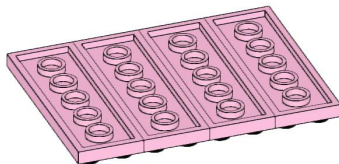
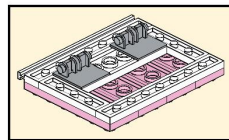
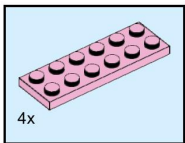


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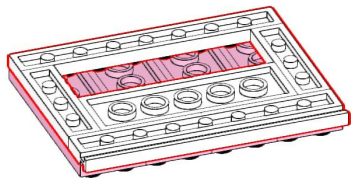
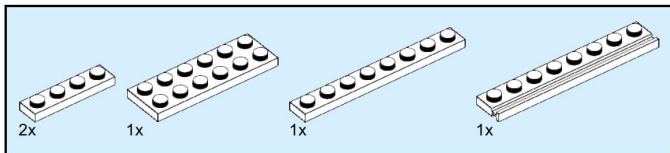
Attach roof  
piece onto  
hinge



28

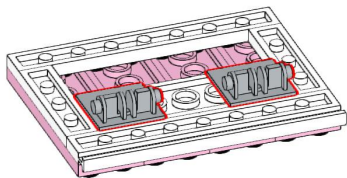
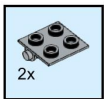


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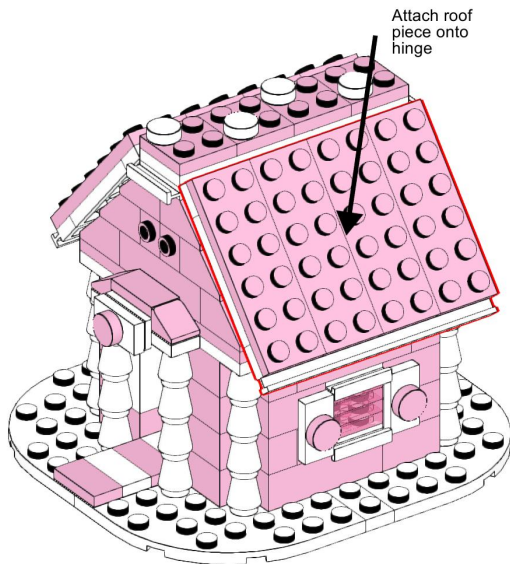




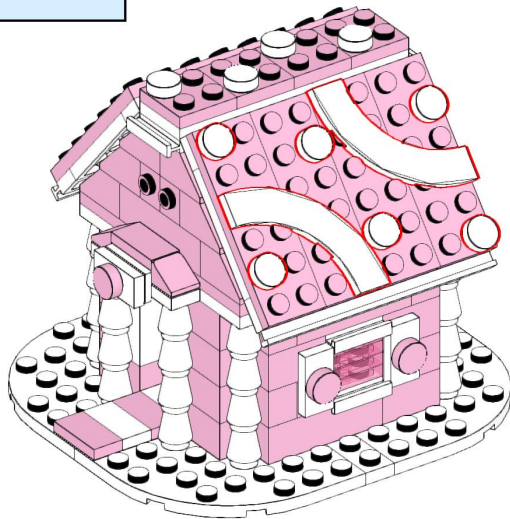
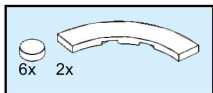
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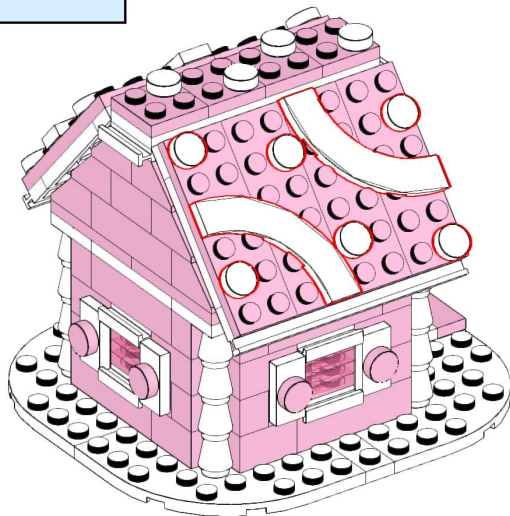
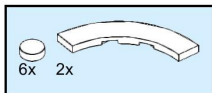
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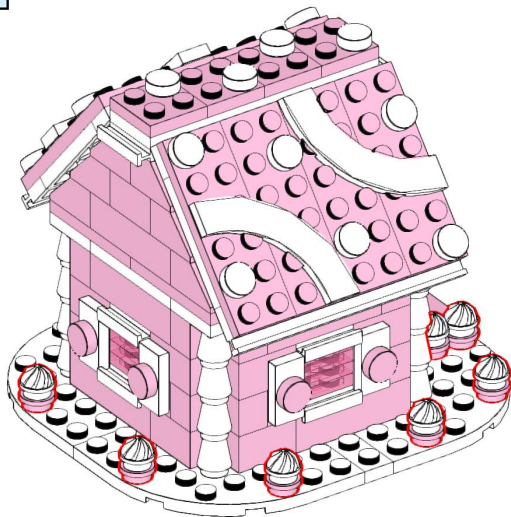
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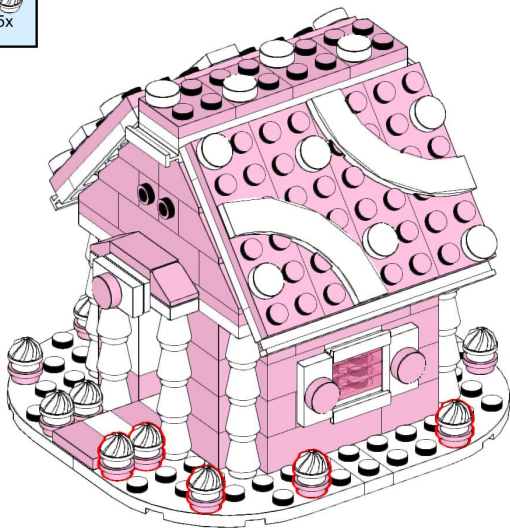
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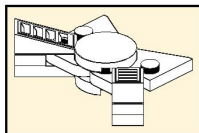
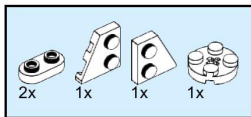
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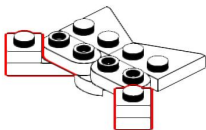
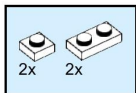
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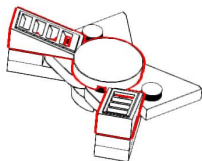
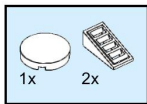


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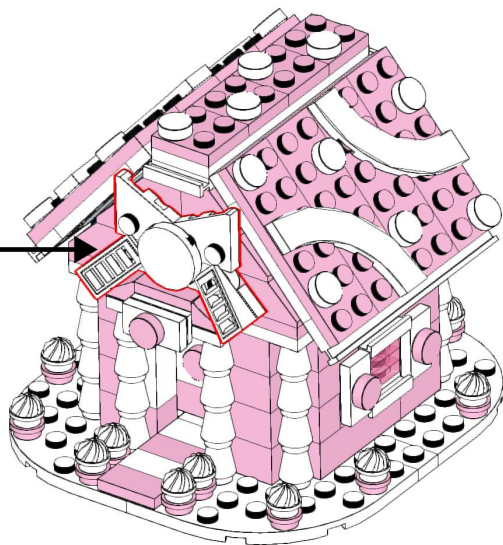


# 38



# 39

Place bow on front of house





4x  
3937  
Black



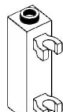
24x  
4589b  
White



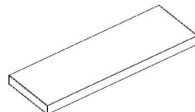
2x  
61409  
White



1x  
24299  
White



1x  
60583b  
White



1x  
69729  
White



4x  
6134  
Light Bluish Gray



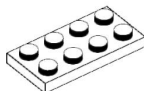
7x  
3794b  
White



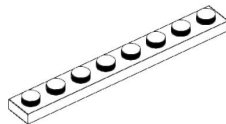
8x  
32028  
White



1x  
4032  
White



1x  
3020  
White



2x  
3460  
White



16x  
98138  
White



2x  
35480  
White



2x  
48336  
White



1x  
14769  
White



4x  
27507  
White



2x  
3024  
White



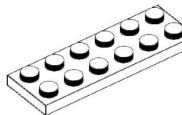
2x  
3069b  
White



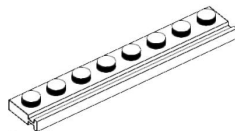
1x  
99781  
White



1x  
87580  
White



2x  
3795  
White



2x  
4510  
White



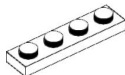
12x  
15470  
White



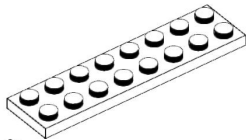
2x  
3023  
White



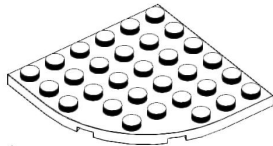
1x  
24307  
White



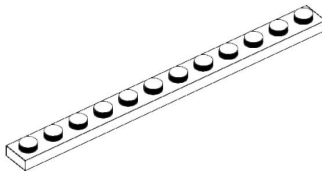
6x  
3710  
White



3x  
3034  
White



4x  
6003  
White



1x  
60479  
White



8x  
98138  
Bright Pink



12x  
4073  
Bright Pink



2x  
54200  
Bright Pink



15x  
3005  
Bright Pink



8x  
87087  
Bright Pink



5x  
3069b  
Bright Pink



12x  
3040  
Bright Pink



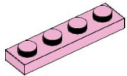
15x  
3004  
Bright Pink



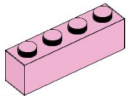
4x  
3022  
Bright Pink



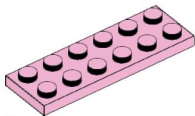
12x  
3023  
Trans-Dark Pink



4x  
3710  
Bright Pink



8x  
3010  
Bright Pink



8x  
3795  
Bright Pink

