



SAMPLE BULLETIN INSERT

Early Detection is the **KEY** to survival. Together we can **SAVE** lives!

Did You KNOW???

- 1 in 8 women will develop breast cancer in her lifetime.
- 5,420 women and men are diagnosed with breast cancer each year in Virginia.
- Breast Cancer affects families, not just the person diagnosed. Family, friends, and co-workers can feel the effects as well.
- There is a 99% probability of survival – but only in cases of early detection and treatment before the cancer has spread.

What You Can Do Now

- Get a mammogram during your birthday month each year. Schedule it now!
- Remind 5 friends to get a mammogram.
- Offer to help a friend schedule to their mammogram appointment.
- Ask your doctor to post a reminder to patients reminding them to get a mammogram.
- Request a speaker for your women's group to speak about breast cancer.

Visit the Komen Central & Eastern Virginia website at komenceva.org for more information about breast health resources in our community.