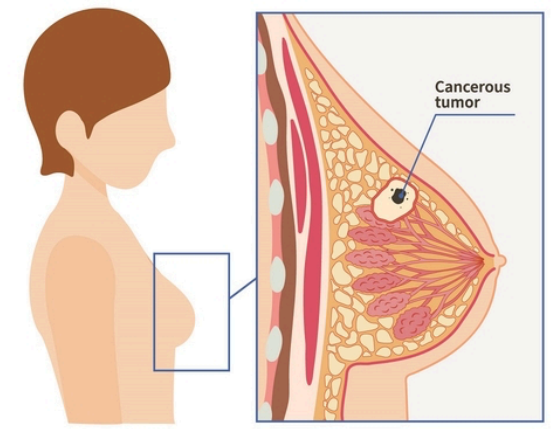


Breast Cancer Awareness



What is Breast Cancer?

“Abnormal breast cells that grow uncontrollably into a tumor, which can spread if not treated.”

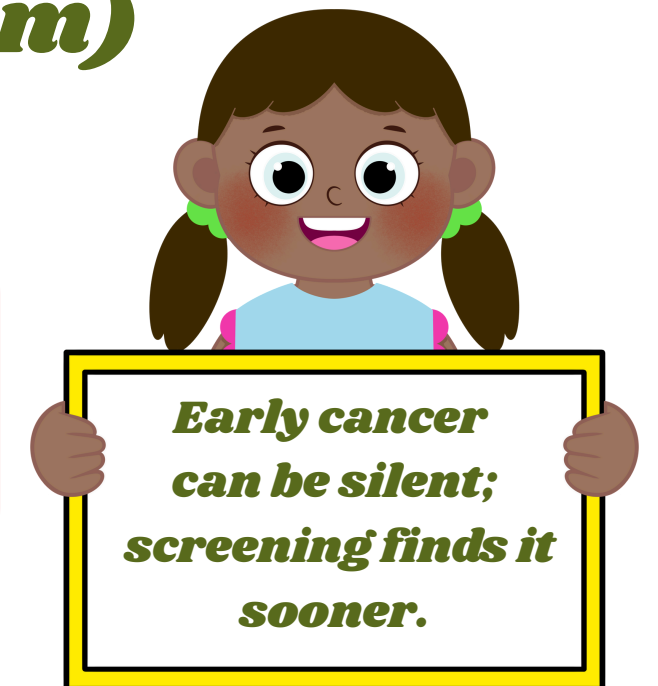


A quick mammogram can find changes before you feel a lump.

Check
Protect
Connect

Know the Signs (Don't Ignore them)

- New lump in the breast or underarm
- Change in size or shape
- Skin dimpling, redness, thickening
- Nipple discharge or pain



Screening Guideline (USPSTF 2024)

- **Ages 40–74:** Mammogram every 2 years (average risk).
- **75+:** Evidence is insufficient—decide with your clinician.
- **High-risk people (e.g., BRCA, prior chest radiation, prior breast cancer):** follow specialist guidance.



Do This Week (3 Easy Steps)

- 1 Check eligibility for free or low-cost screening.
- 2 Book your mammogram (it takes about 20 minutes).
- 3 1. Show up with ID/insurance if you have it—not required for NJCEED-eligible clients.

Scan this QR Code
To Find
Screening Locations in NJ



Prevention You Can Start Today

1. Stay active and maintain a healthy weight
2. Limit alcohol
3. Don't smoke
4. Know your family history
5. Ask about genetic counseling if indicated



Empowering Communities
for Health Equity and Social Justice

Early detection saves lives. Get screened—and remind a friend today.