



WORSHIP IN PINK SAMPLE BULLETIN #1

Join us for Worship in Pink Weekend, October 25-27, 2013

Join your fellow community members in celebrating Komen Atlanta's **Worship in Pink (WIP)** weekend Friday, October 25, Saturday, October 26 and Sunday, October 27 to raise breast cancer awareness. WIP participants will receive a FREE education packet which discusses breast cancer risk factors and the critical role of early detection in saving lives, as well as resources for free and reduced cost screening locations. Wear something pink [OR INSERT OTHER PROGRAM IDEA HERE] to show your support. Join us and Komen Atlanta as we honor survivors for their courage and pray for those who have lost their lives or been affected by breast cancer.

WORSHIP IN PINK SAMPLE BULLETIN #2

What is a Mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool we have today to find breast cancer early, when it is most treatable. It can find breast cancer when it is very small, even too small to feel. It can also detect abnormal changes to the skin and calcifications. Mammography does a good job of finding cancer for most women. However, it is most accurate when used with another screening test called clinical breast exam.

Questions & Answers about Mammography

Are mammograms painful? To get a good picture, the technologist needs to flatten the breast. You may feel some pressure, but it only lasts a few seconds. It shouldn't hurt. Let the technologist know if you feel any pain.

Is the radiation in mammography harmful? A woman is exposed to a small amount of radiation during a mammogram. While the radiation exposure during mammography can increase the risk of breast cancer, this increase in risk is very small. Studies show that the benefits of mammography far outweigh the risks.

How can I get a mammogram? Call your doctor for a referral.

What if I cannot afford a mammogram? Most insurance plans, including Medicare, cover the cost of mammograms. If you do not have insurance, contact Komen Atlanta at 404-459-8700.

WORSHIP IN PINK SAMPLE BULLETIN #3

Breast Health Basics

Know the facts:

- 1 in 8 women will be diagnosed with invasive breast cancer in her lifetime.
- Approximately 1 in 35 women will die from breast cancer
- In 2013, it is estimated that approximately 232,340 U.S. women will be diagnosed with invasive breast cancer and approximately 39,620 will die as a result of the disease.
- In the U.S., one woman is diagnosed with breast cancer every two minutes and one woman dies from the disease every 13 minutes.
- Except for skin cancers, breast cancer is the most common type of cancer among women today.
- The chance for survival is greatest when breast cancer is found early and only within the breast.

Susan G. Komen for the Cure recommends that you:

- Talk to your family to learn about your family health history.
- Talk to your health care provider about your personal risk of breast cancer.
- Ask your doctor what screening tests are right for you and if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every three years starting at age 20 and every year starting at age 40.
- Know how your breasts look and feel and report any changes to your health care provider immediately.
- Make healthy lifestyle choices that may reduce your risk of breast cancer.

What affects my risk of getting breast cancer?

The causes of breast cancer are not fully known. However, researchers have identified a number of factors that increase one's risk of getting the disease.

- **All women are at risk for breast cancer.**
- **Being a woman is the number one breast cancer risk factor. Your risk factor increases as you get older.**
- Most women who get breast cancer have no other known risk factors.
- Although breast cancer is more common in women over 40, younger women can also develop the disease.
- Men can also get breast cancer, but it is rare. It is almost 100 times more common in women.

Are there steps I can take to prevent breast cancer?

Because no one knows exactly what causes breast cancer, there are no sure ways to prevent it. However, there are steps you can take which may lower your risk and increase your chances of early detection. These include:

1. Knowing your risk
2. Getting screened
3. Knowing what is normal for you
4. Making healthy lifestyle choices