## BK15-R: Stock Breast Cancer Awareness Bookmark

BK15-R: stock front



## **EARLY SIGNS**

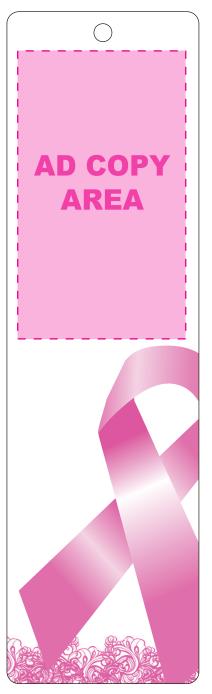
- A lump. This is usually single, firm and most often, painless.
- A portion of the skin on the breast or underarm swells and has an unusual appearance.
- Veins on the skin surface become more prominent on one breast.
- The nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge.
- A depression is found in an area of the breast surface.

## PREVENTATIVE INFORMATION

- Low-fat diet, regular exercise, no smoking or drinking.
- Monthly breast self-examination beginning at age 20.
- Clinical breast examinations every 3 years age 20 – 39.
- Clinical breast examinations every year age 40 and older.
- Mammograms every 2 years, ages 40 – 49 (unless breast cancer is in your family history, then every year).
- Mammograms every year age 50 and older.



BK15-R: stock back



Please remove all guideline indicators before submitting artwork **HOLE IS OPTIONAL** 

= Final Cut Size: 2" x 7"

\_\_ Ad Copy Area : 1.75" x 3"

Art must be within clearances - 0.125" on all sides.