

1 in 8 women
will be diagnosed with breast cancer.



The other **7** will worry about it.

But you can reduce your risk in
4 simple steps.

Learn how at

LetsBeatBreastCancer.org

American Indian Cancer Foundation's

INDIGENOUS PINK

October 15, 2020

#AllBodiesHaveBreastTissue



Indigenous Pink Day is an annual breast cancer awareness campaign held every October.

Join us Oct. 15 for Indigenous Pink Day

Indigenous Pink Day is a national breast cancer awareness campaign for American Indians/Alaska Natives. The American Indian Cancer Foundation asks Indigenous people of all ages to wear pink and share photos on social media using the hashtag #IndigenousPink to spread breast cancer awareness.

Breast cancer is the second leading cause of cancer death and the most common cancer found in American Indian/Alaska Native women.

Indigenous Pink Day aims to educate communities about the importance of early detection, and remind men, women, non-binary, and gender fluid relatives to stay up to date on cancer screenings.

Because this national campaign happens on a digital platform, community members are able to participate from anywhere!



How to celebrate with us:

▶ Wear Pink

Wear pink to honor breast cancer warriors and survivors.

▶ Share

Share a picture of yourself on social media wearing pink using #IndigenousPink. Tell your friends and family about Indigenous Pink Day and ask them to wear pink. Encourage your organization or business to wear pink.

▶ Get Screened

Talk to your healthcare provider for advice and information on breast cancer screenings.



Saginaw Chippewa Indian Tribe of Michigan


"Working Together for Our Future"

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4 WAYS to help head off breast cancer




1 Think before you drink. The more alcohol you drink, the greater your risk of breast cancer.



2 Get moving. Regular exercise is breast-friendly. Aim to get at least 150 minutes of moderate-intensity exercise, such as brisk walking, a week. Or go for 75 minutes of more vigorous exercise like running. It's also good to do some strength training too.



3 Keep an eye on the scale. A healthy weight—particularly after menopause—is important.



4 Know the pros and cons of combined hormone therapy. Using estrogen and progesterone together to treat menopause symptoms for even a few years raises the risk of breast cancer.

Ways to Reduce Your Risk for Breast Cancer



Keeping a
healthy weight.



Exercising
regularly.



Getting
enough sleep.



Limiting alcohol
intake.



Breastfeeding
your babies.



www.cdc.gov/BringYourBrave
#BringYourBrave



U.S. Department of
Health and Human Services
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