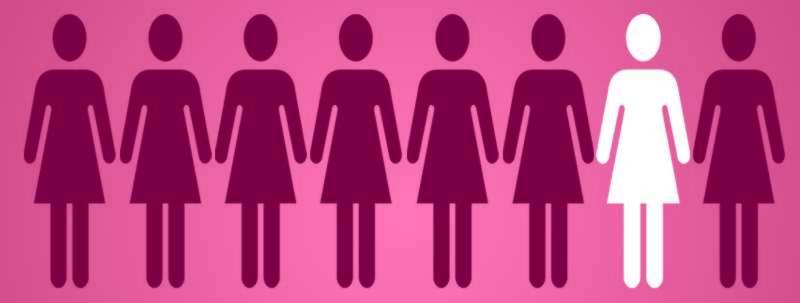
1 in 8 women will be diagnosed with breast cancer.



The other 7 will worry about it.

But you can reduce your risk in 4 simple steps.

Learn how at

LetsBeatBreastCancer.org





INDIGENOUSPINK

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



to help head off breast cancer

1 Think before you drink.

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



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



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

to do some strength training too.

running. It's also good



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.

Sources: American Cancer Society; National Cancer Institute

Ways to Reduce Your Risk for Breast Cancer



Keeping a healthy weight.



Exercising regularly.



Getting enough sleep.



Limiting alcohol intake.



Breastfeeding your babies.



