

A1

Ways to Reduce Breast Cancer Infographic

**Ways to Reduce Your Risk
for Breast Cancer**



The infographic features five white icons on a pink background. The first icon is a scale, representing weight. The second is a person with a circular arrow around them, representing exercise. The third is a crescent moon with rays, representing sleep. The fourth is a wine glass with a diagonal line through it, representing alcohol. The fifth is a baby, representing breastfeeding.

Keeping a **healthy weight.**

Exercising regularly.

Getting **enough sleep.**

Limiting alcohol intake.

Breastfeeding your babies.

BRING YOUR brave.

www.cdc.gov/BringYourBrave
#BringYourBrave

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

B1

General Infographic



The infographic is divided into two main sections. The top section features a black and white portrait of a woman on the left. To her right, the text 'BRING YOUR brave.' is written in a mix of pink and white, with a pink ribbon symbol. Below this, the title 'Take Action to Lower Your Breast and Ovarian Cancer Risk' is displayed in pink. A short paragraph follows, explaining the importance of knowing cancer risk and being proactive. The bottom section has a pink background and is titled 'Learn Your Family History of Cancer'. It includes a stylized tree icon where the leaves are represented by human figures. To the right of the tree is a list of five tips for asking relatives about their cancer histories.

BRING YOUR brave.

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

Learn Your Family History of Cancer

Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

B2

African American Infographic



**BRING YOUR
brave.**

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage. African American women under the age of 35 have breast cancer rates that are two times higher than White women of the same age.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

B3

Ashkenazi Jewish Infographic



The infographic is divided into two main sections. The top section features a black and white portrait of a woman on the left. To her right, the text reads: 'BRING YOUR brave.' with a pink ribbon icon. Below this is the title 'Take Action to Lower Your Breast and Ovarian Cancer Risk' and a paragraph explaining that one in 40 Ashkenazi Jewish women has a BRCA gene mutation, compared to one in 500 in the general population. The bottom section has a pink background and is titled 'Learn Your Family History of Cancer'. It includes a tree icon where the leaves are people and the trunk is a tree. To the right of the tree is a list of five tips for asking relatives about their cancer histories.

BRING YOUR brave.

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage. One in 40 Ashkenazi Jewish women has a BRCA gene mutation, compared to one in 500 women in the general population, putting them at an increased risk for breast cancer at a young age.

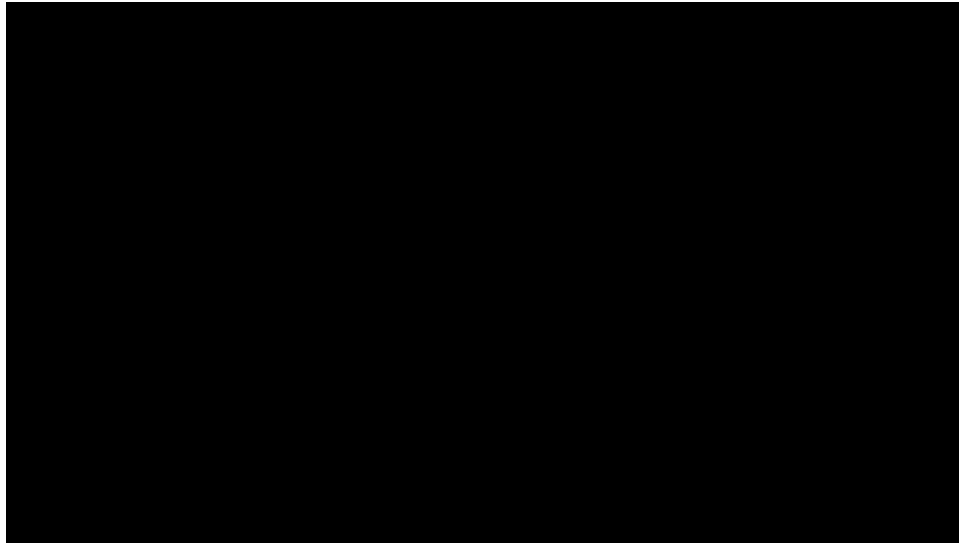
Learn Your Family History of Cancer

Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

C1

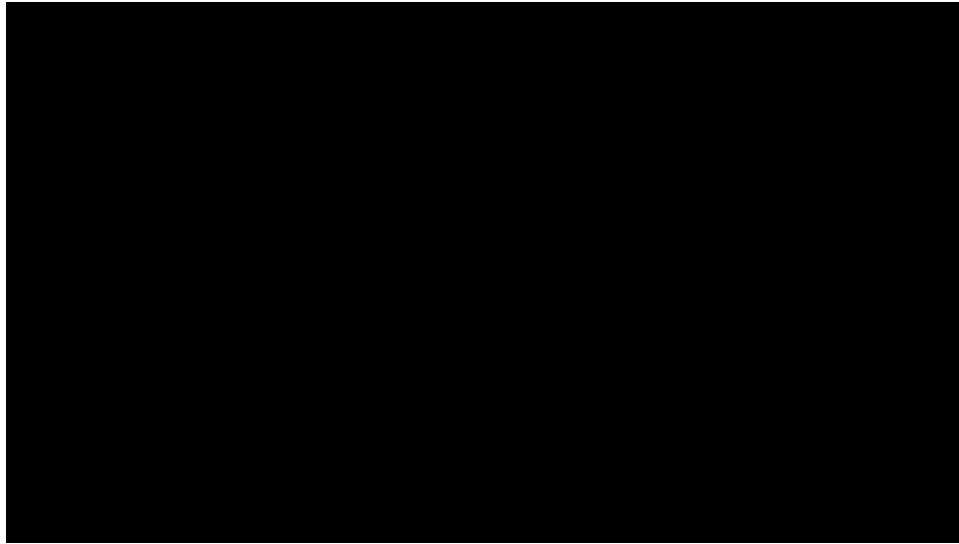
Lisa: Start the Conversation



<https://www.youtube.com/watch?v=z4GezJiATLQ>

C2

Jackie: Taking Action for My Daughter



<https://www.youtube.com/watch?v=KNzRNWi4Qgc>

C3

Cara: My Breast Cancer Journey



<https://www.youtube.com/watch?v=TL1hZ9RB5E0>

C4

Joyce: The Role of Family History



<https://www.youtube.com/watch?v=xgbm8MhwAwk>