

THE ST. LOUIS AFFILIATE OF SUSAN G. KOMEN FOR THE CURE® Your No. 1 Breast Cancer Resource



Helen Chesnut
Executive Director
Komen St. Louis
Affiliate

One in eight women will be diagnosed with breast cancer in her lifetime. That startling statistic is the reason the St. Louis Affiliate of Susan G. Komen for the Cure exists.



At the Komen St. Louis Affiliate, we are working to end breast cancer forever, raising money that funds cutting-edge research and bringing awareness to breast cancer.

As we work towards our ultimate goal, it is important, however, to educate women on the importance of breast self awareness. Changes occur in our breasts throughout our lifetime, and knowing and understanding these changes is critical to our overall health and well being.

If you are aware of any changes to your breasts, take action! Call your doctor and ask to get screened. If you are in need of assistance in this area, Komen St. Louis can help! We are your No. 1 breast cancer resource.

Currently, we have 27 community partners that provide breast health screening, treatment and education programs in the St. Louis metro area for underserved and uninsured women. We are here to help so take charge of your breast health today!

Serving 17 counties in Eastern Missouri
and Southwestern Illinois

9288 Dielman Industrial Dr.
St. Louis, Missouri 63132
(314) 569-3900 • www.komenstlouis.org

Breast Self Awareness (BSA)

Many changes occur in your breasts during your lifetime. It's important to understand which changes are normal and which are not.



1. Know your risk

Talk to your family to learn about your family health history.

Talk to your doctor about your personal risk of breast cancer.

2. Get screened

Ask your doctor which screening tests are right for you 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 3 years starting at 20, and every year starting at 40.

3. Know what is normal for you

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

4. Make healthy lifestyle choices

Maintain a healthy weight.

Add exercise into your routine.

Limit alcohol intake.

For more information visit www.komen.org or call
1-877 GO KOMEN (1-877-465-6636)

**2010 Susan G. Komen
St. Louis Race for the Cure®,
locally presented by Wells
Fargo Advisors, is set for June
12th downtown St. Louis!**



Register at www.komenstlouis.org

Komen St. Louis Affiliate

Making a Difference in Our Community

The St. Louis Affiliate of Susan G. Komen for the Cure addresses the needs of our community by funding local programs in a 17-county service area for:

- Breast health education and community-focused outreach programs. A primary focus of the St. Louis Affiliate is to promote good breast health and early detection of breast cancer.
- Free breast health care for the medically indigent, including screening mammography, clinical breast examinations, and follow-up diagnostic testing and treatment.
- Emotional support programs for women and their families who are struggling with the burden of breast cancer and its treatment.

To date, the Affiliate has raised more than \$19 million through various fundraising events, including the Komen St. Louis Race for the Cure. More than \$13 million has stayed in St. Louis with \$6 million funding the national Susan G. Komen for the Cure® Grants Program for research.

www.komenstlouis.org - info@komenstlouis.org