

## **Breast Cancer Awareness**

<https://www.nationalbreastcancer.org/healthy-habits>

Signs of breast cancer: Breast or chest pain, Itchy breasts

Upper back, shoulder and neck pain,

Changes in breast shape, size or appearance,

Change in nipple appearance or sensitivity,

Swelling or lump in your armpit o

Red, swollen breasts.

Although you cannot prevent breast cancer, some habits that can help reduce your risk are:

Maintain a healthy weight

Stay physically active

Eat fruits and vegetables

Do not smoke

Limit alcohol consumption