Make Healthy Lifestyle Choices

- Maintain a healthy weight.
- Add exercise to your routine.
- Limit alcohol intake.
- Limit post-menopausal hormones.
- Breastfeed, if you can.
- Do not smoke.
- Keep a healthy attitude.
- Breast self-awareness:
  - Know your risk,
  - Get screened, and
  - Know what is normal for you.

Sponsored by:

Breast Cancer Prevention Program

Take Charge...

The More You Know...

The Less You Fear!

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Network of Community Health Centers
Hilo | Kea’au | Pāhoa | Na’ālehu
www.bayclinic.org
Breast Health

Regular screening tests is the best way to lower the risk of breast cancer. At Bay Clinic we will help you to create your individualized early detection plan that will encourage you to take a proactive approach in self-breast exams and attending your scheduled clinical breast exams and mammograms.

Bay Clinic’s Breast Cancer Prevention coordinators will also assist you with health insurance options and our partnership with the Safeway Foundation makes financial assistance available to those in need.

Our staff will also work with you to connect you to one of our trained and highly skilled physicians who will provide you with continuous long-term and compassionate care you deserve.

Call us today and take charge! Early detection is your best protection.