ᓇᓂᒃ ᑕᕐᓂᓕᓄᑦ–ᓇᓕᓄᑦ ᑐᒋᓂᐅᒪᑦ ᓄᖓᒋᓂᓯ

Breast Self-Awareness Messages

1. ᑕᓕᖓᓂᑦ ᑐᓂᑦ ᑕᐱᕿᒪᑦ

☐ ᑲᒪᐱᕿ ᐯᑕᖕᒋᒪᑦ ᑕᕐᑕᒥᓂᑦ ᑲᒪᐱᕿ ᓴᑯᒋᓂᐅᑕᓂᐅᑕᓕᓕᑦ ᐊᑕᔪ ᒃᑎᒥ.
☐ ᕐᑯᕐᒍ ᓂᒋᖓᒋᑕᓕᑦ ᑕᕐ ᑕᕐᒥᐱᒪᑦ ᑎᖕ ᑯᓴᓕᑦ ᑐᒪᑲᓂᔪ ᓕᕋᑕ.

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. ᕋᑕᐱᒋᑲᒪ

☐ ᓂᓂᒥᑦ ᕐᑯᕐᒍ ᑎᓂᓂᔪ ᑕᕐᓂᑦ ᓕᑎᒪᐱᒋᑲᐯᑦ ᑕᐯᑦ ᓴᓂ ᕐᑕᕐᒪ ᕋᑕᔭᓂᐅᑦ ᓇᔪ.
☐ ᐅᐃᒃᒦᕐᑕ ᑕᔪᓂᑦ ᓴᒪᕐᒍᑲᓂᕐᒪ ᐅᕐᓂᓂᐅᑦ ᑕᕐᒍᑲᒪ ᑐᓂᓴᓂᔪ ᑕᕐᒍᑲᒪ ᕋᑕᔭᓂᐅᑦ ᓇᔪ.
☐ ᑐᓴᕐᑕᕐᒍ ᓂᑎᒪᐱᒋᑲᒪ ᐯᑕᐱᒋᑲᒪ ᒍᓂᑦ ᓂᓂᕐᑕ KT ᑯᕐᒍᑲᒪ ᕋᒪᒋ ᕋᓂᓂᒪ ᐯᒋᓂᐅ ᑕᕐᒍᑲᒪ, ᑐᓂ ᓴᒪᕐᒍᑲᓂᕐᒪ ᓂᕐᓂᐅᓂᐅ ᑕᕐᒍᑲᒪ ᓇᕿᒋᓂᐅᒪᒃ.
☐ ᚴᓂᕋᑦ ᕋᑕᐱᒋᑲᑦ ᑕᓂᒪᓂᓂᓂᕐᓂᑦ ᑎᖕ komen.org/reminder

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.
☐ Sign up for your screening reminder at komen.org/reminder

4. ᑕᓂᖓᓂᑦ ᕋᑕᓂᑦ ᓴᑕᓂᓂᕐᒥ ᑕᕐ

☐ ᓂᐱᑕᓂᑦ ᓂᑲᕐ ᕿᓂᑎᕐᕋᕐᐯ ᕋᑕᓂᕐᓂᐯ ᕿᑕᓂᓂᕐ ᕋᑕᔭᓂᐅᑦ ᓇᔪ
- ᓇᒐᒐᑕᑲ ᓂᑎ ᕋᐯᑦᒪ ᓴᕐᕋᐱᓂᕐᐯ ᓇᓴᑦᕋᒋᓂᓂᒃ.
- ᐅᐃᕿᓂᕐ, ᓂᒐᓂ ᓴᕐᕋᕐ ᐱᒥᓂᑦ ᑐᓂ ᐅᒃᒦᒐ ᓇᓴᕋᒋᓂᑦ ᑕᑎᕋᕐᕿ.
- ᓇᐱᓂᕐᕋ, ᐅᕋᕐᑕ ᓇᓴᕋᒋᓂᑦ, ᔪᕋᒦ ᑐᓂ ᐅᒋᒃᒦᒐ ᓇᓴᕋᒋᓂᑦ ᑕᑎᕋᕐᕿ.
- ᓇᒐᒐᑕᑲ ᓴᕋᕐ ᑐᓂ ᓴᕋᓂᓂᕐ ᓇᔪᑦ.
- ᑲᕋᐅᓂᕐᕋᕋ ᑐᓂ ᓂᒐᒐᕐᑕ ᓇᑎᕋᕐᕿ.
- ᑯᕋᕐᓂᕐ, ᓂᕋᕐᑕ ᓇᓴᕋᒋᓂᑦ, ᔪᕋᒦ ᑐᓂ ᐅᒋᒃᒦᒐ ᓇᓴᕋᒋᓂᑦ ᑕᑎᕋᕐᕿ.
- ᓇᐱᓂᕐᕋ ᓴᕋᕐᑕ ᑐᓂ ᓴᕋᓂᓂᕐ ᓇᔪᑦ.
- ᑲᕋᐅᓂᕐᕋᕋ ᑐᓂ ᓂᒐᒐᕐᑕ ᓇᔪᑦ.
- ᑯᕋᕐᕋᕐᓂᕐᕋᕋ ᑐᓂ ᓂᒐᒐᕐᑕ ᓇᔪᑦ.
- ᑐ

ᏂᏚᏁᏙᏗᏙᏍᏕᏍᏓᏩᏙᏍᏗᏥᏁᏙᏍᏗ