

# Mikveh night is a time to connect to your **body, your soul and your husband.**

Use this special time to be aware of changes in your body in general, and specifically your breasts, to ensure your continued health.

## Did you know?

- **1 OUT OF EVERY 8 WOMEN** is at risk of breast cancer
- **EARLY DETECTION** can lead to recovery in nearly 90% of cases

## What can you do?

- **A HEALTHY LIFESTYLE** can reduce your chances of breast cancer. Maintain a healthy weight, exercise regularly and limit smoking, alcohol consumption and postmenopausal hormones
- **KNOW YOUR BODY.** Become familiar with the way your breasts feel. Consult a doctor if you notice any changes. Remember, most findings are benign
- Every women over the age of 20, including nursing mothers, should have periodic **BREAST EXAMS** by a doctor
- The Ministry of Health recommends regular **MAMMOGRAPHY** for women over age 50
- Women whose families have had breast or ovarian cancer (from their mother's or father's side) may be at **HIGHER RISK** and should consult a doctor to discuss genetic testing and intensive screening

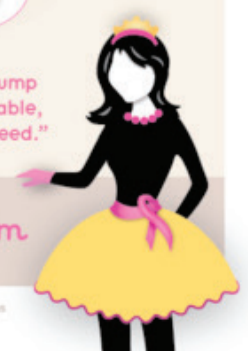
To access and reduce YOUR risk of breast cancer OR if you see any changes, contact your family doctor. Information is also available through the Israel Cancer Association 1-800-599-995 or [www.cancer.org.il](http://www.cancer.org.il)

## WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



"A cancerous lump often feels hard and immovable, like a lemon seed."



If you find new changes like this that stay around, show your doctor.

[knowyourlemons.com](http://knowyourlemons.com)