



# 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)