

Be a Breast Friend

Show them you care
about more than their hair!

Funded by

CANADIAN
BREAST CANCER
FOUNDATION™



FONDATION
CANADIENNE DU
CANCER DU SEIN™

Ontario

Be a Breast Friend

We are 5 public health units and partners, in Central West Ontario, hoping to recruit you to be a Breast Friend!

What is a Breast Friend?

A breast friend...

- **Is someone who passes along the message of the importance of breast health and screening (i.e. mammography).**
- **Can also be someone who takes time for breast screening themselves.**

Why should you be a Breast Friend?

As a stylist, you'll develop relationships with women who'll talk about their lives and health. You can share important health messages with them!




**Show them
you *care*
about more
than their
*hair!***




What is a Mammogram?



An X-ray of the breast that can help find cancer early



Women 50+ should have a screening
mammogram at least every **2 years**
at the Ontario Breast Screening
Program (OBSP).



**As a Breast Friend,
there are
4 key messages
for you to
remember...**



4 key messages...

1. Mammograms can save lives by finding breast changes in the early stages.
2. Women 50+ need regular mammograms at least every two years.

4 key messages...

3. Women 50+ can book their own free mammograms by calling OBSP at 1-800-668-9304.
4. All women should know how their breasts normally look and feel and talk to their doctors about any changes.

**Learn other
important
health
messages...**



Seven Steps to Health



1. Don't smoke & avoid second-hand smoke.
2. Eat healthy food and limit alcohol.
3. Be physically active.
4. Be careful in the sun.
5. Follow cancer screening guidelines.
6. Use caution with hazardous materials.
7. Report any changes in your health.



For more information

on Seven Steps to Health visit:

www.cancer.ca



Women also need to know how to prevent cervical cancer and colorectal cancer



- Pap tests
- Colorectal cancer screening tests

Pap tests

- **Start having Pap tests within 3 years of any sexual activity.**
- **Cervical cancer is caused by the Human Papillomavirus (HPV).**
- **Pap tests can find changes before cancer develops.**
- **Vaccines are available to protect against some strains of HPV but do NOT replace Pap tests!**
- **Make Pap tests part of a regular check-up.**



For more information

on cervical cancer and Pap tests visit:

<http://cancercare.on.ca/pcs/screening/cervscreening/>



FOBT and Colonoscopy

- These tests can find cancer early in the colon.
- Both women and men 50 and older should have these tests.
- Health care providers will help decide which test is best for your client.





**For more information
on FOBT and Colonoscopy visit:**

www.coloncancercheck.ca



Ready to become a Breast Friend?



It's simple.

**Just pass along these important
health messages to the women in
your life!**



To learn more or to order resources visit:

www.beabreastfriend.ca

Thank You



Hamilton



Canadian Cancer Society
Société canadienne du cancer



ontario breast screening program
a cancer care ontario program

programme ontarien de dépistage du cancer du sein
un programme de action cancer ontario

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