Board Member Spotlight

**Dr. Dawn Piper**
Board Co-Vice President of Komen Miami/Ft. Lauderdale

Dr. Piper’s involvement with Komen began in 2007. As a team captain, she created a team of 60 race participants. In addition to this, she was also a volunteer and led a group of 45 students to execute the Hope Procession for survivors. She took it up a notch in 2010 by initiating a college-wide participation of students, Deans, and other faculty members to cheer on survivors and help families plant a rose in honor of a loved one in the Memory Garden.

In 2015, she became a Board member of the local Miami/Ft. Lauderdale affiliate. Her most recent accomplishment is becoming the Board Co-Vice President beginning April 2019.

Alongside our staff and Board, Dr. Piper is dedicated to strengthening Komen’s presence within communities in need of breast health services. Acknowledging that education is key, she visits organizations for health-related events and speaks on behalf of Komen. Additionally, she encourages teams that are participating in the More Than Pink Walk to fundraise to provide care and resources for under/uninsured individuals and sets an example by doing it herself.

The cause is very close to her heart and has affected her family personally. But her passion comes naturally as she has seen and shared in experiences of families as they struggle, listening to exhilarating success stories of survivors, newly diagnosed individuals, and metastasized individuals currently in treatment regimens.

Dr. Piper reminds everyone she interacts with that giving is not once per year, but anytime you have extra dollars. The office is always open, and we invite anyone who is interested in volunteering their services or looking for an opportunity to assist and support us in our mission. Breast cancer is 365 days a year and every day, dollar and helping hand counts.

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**Board of Directors**

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Vice President

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**Table of Contents**

- Fundraising For A Cure .............................................................................. 3
- Your Funds at Work ................................................................................ 4
- Hope Village, Team Zone & Kids Zone ..................................................... 5
- 2018 MORE THAN PINK WALK Memories ........................................... 6
- Meet our Premiere Research Partner ....................................................... 7
- Retreat Highlights .................................................................................. 8
- Enrich, Engage, Empower ....................................................................... 9
- Metastatic Breast Cancer Day ................................................................... 9
- Breathing Through the Heat ..................................................................... 10
- Be More Than Pink Luncheon .................................................................. 11
- Prevention, Treatment, and the Importance of Physical Activity ........... 12
- Access Breast Health in Our Community ............................................... 13
- Treatment Assistance Program ................................................................. 13
- Make the Most of Your Outdoor Workout ............................................... 14
- Breast Self Awareness Messages ............................................................... 15

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**Become a Board Member**

Susan G. Komen Miami/Ft. Lauderdale is actively seeking leaders in the local community to join the Board of Directors. Send an email to sherri@komenmiafltl.org for further information.

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1333 S. University Drive, Suite 204
Plantation, FL 33324

Ph: 954-909-0454 | Fax: 954-440-4998

Email: info@komenmiafltl.org
Fundraising For A Cure. Are You In?

Susan G. Komen’s MORE THAN PINK Walk™ is our commitment to go beyond breast cancer awareness and take ACTION.

As our signature fundraising event, the MORE THAN PINK Walk™ is where we put aside everything else in our lives to share our stories, our laughter and our tears; to raise money to saves lives.

Together we are more than one person dealing with this devastating disease, we are a COMMUNITY fighting back, do more for RESEARCH and provide more CARE for those among us who are living with breast cancer - including metastatic breast cancer.

We’re all in. Join us.

SUSAN G. KOMEN
MORE THAN PINK
Miami/Ft. Lauderdale WALK

SATURDAY, OCTOBER 12, 2019
7 AM - NOON
BAYFRONT PARK - DOWNTOWN MIAMI

www.komenmiaftl.org/walk

research  care  community  action
Your Funds at Work

YOUR SUPPORT AT WORK
Komen Miami/Ft. Lauderdale has invested more than $12 million in community breast cancer screening, breast health education, and patient services since 1999.

OUR SERVICE AREA
Komen Miami/Ft. Lauderdale serves 3 counties in South Florida with a population of 4.7 million.

OUR 2019 IMPACT
YOUR KOMEN DOLLARS AT WORK
$616,000
funds 13 community projects including national research

RESEARCH
$208,000
EDUCATION
6,000 REACHED
DIAGNOSTIC
784 SERVICES
SCREENING
1,225 SERVICES
TREATMENT
140 SERVICES
KOMEN Treatment Assistance Fund
$43,000

STRATEGIC IMPERATIVES

FIND BREAKTHROUGHS FOR THE BREAST CANCERS THAT KILL

RESEARCH
- Understand, prevent and treat metastatic breast cancer.
- Discover new treatments and technologies to improve outcomes for all patients.
- Increase access to and participation in clinical trials.

CARE
- Address gaps in access to and utilization of affordable, high-quality health care.
- Provide access to screening, diagnosis, and treatment.
- Help with transportation, childcare and more so patients can focus on treatment.

COMMUNITY
- Provide people with opportunities to share their passion for the movement and compassion for each other.
- Support survivors, caregivers and those living with metastatic breast cancer.
- Provide information and guidance to help navigate the care journey.

ACTION
- Advocate for more research funding and protections for patients.
- Educate health care providers, policymakers, opinion leaders and the public on the burden of breast cancer.
- Empower patients and the public to take charge of their breast health.

HELP PEOPLE AND COMMUNITIES MOST AT RISK

KOMEN Treatment Assistance Fund
$43,000
Hope Village

Hope Café
An exceptional, exclusive hospitality tent for registered Survivors and Metastatic Thrivers and specially invited family and friends.

- Enjoy a specially prepared breakfast
- Experience complimentary beauty session with Mary Kay
- Take a special souvenir “selfie” in our custom photo booth.

As a token of our appreciation all Survivors and Metastatic Thrivers will be gifted a specially designed MORE THAN PINK® WALK™ Celebration of Life Medallion and Swag Bag as a forever memory of this incredible day!

Procession of Hope
Our signature heartwarming procession will honor and celebrate all Survivors and Metastatic Thrivers as they strut down the Pathway of Hope towards our main stage for a special ceremony to commence the MORE THAN PINK® WALK™. Everyone will be celebrating and cheering for you and your victory!

Remembrance Tent
This is a place for you to remember someone you’ve lost to breast cancer and perhaps spend some quiet time to think about why you walk and why you are MORE THAN PINK®. We invite you to bring a photo (3”x5” or 4”x6”) to clip on to our hanging We Remember displays inside the tent. We encourage you to leave a message of remembrance or inspiration for all to see.

Fundraise $1,500
- 10x20 Tent
- 3 - 8’ tables
- 12 chairs
- 2 cases of water
- Delivery of team t-shirts (team members must be registered by Sept 23)
- Goodies and treats

Fundraise $2,500
- 20x20 Tent
- 4 - 8’ tables
- 18 chairs
- 4 cases of water
- Delivery of team t-shirts (team members must be registered by Sept 23)
- Goodies and treats
- Personalized Team photo

Have Fun in the KIDS ZONE
★ Face Painting ★ Giveaways ★ Kids Dash

Sponsored by
Miami Cancer Institute
BAPTIST HEALTH SOUTH FLORIDA

We Remember

Team Work Makes the Dream Work!

Sponsored by Ryder
2018 MORE THAN PINK WALK MEMORIES

IN PURSUIT OF YOUR CURE.

breast cancer

I REMEMBER
Cariada Diaz
She is now dancing with the Lord
Carmen Calfa, M.D.
Breast Surgical Oncology Director and Breast Site Disease Group Co-Leader
Associate Professor of Surgery Sylvester Comprehensive Cancer Center

Carmen Calfa, M.D., is a triple board-certified breast medical oncologist and has been recognized for her clinical care and research. She is an assistant professor of clinical medicine at the University of Miami Miller School of Medicine. At Sylvester, Dr. Calfa works as part of a multidisciplinary team of breast cancer experts and researchers. She earned her medical degree from the University of Medicine and Pharmacy of Tîrgu-Mureș in Romania.

At Sylvester Comprehensive Cancer Center, we are passionate about research and our work has been recognized by the National Cancer Institute (NCI). We are now the only NCI-Designated Cancer Center in South Florida.

In this region we have the only Phase 1 Clinical Trials Program, which is the first step in evaluating how patients respond to investigational treatments. Right now, at Sylvester there are more than 15 clinical trials for breast cancer patients with ER or PR positive, triple negative, HER2 positive or negative disease. Targeted therapies and immunotherapies/vaccines have shown promise and are well represented in our trials, not only for the early stage but also for advanced metastatic breast cancer.

Precision Medicine is an approach to patient care that allows doctors to select treatments that are most likely to help patients based on a genetic understanding of their disease. Next-Generation Sequencing is a type of molecular testing that rapidly analyzes DNA from a tumor to identify cancer promoting genetic changes. With the results from this test, the Precision Medicine Team can identify potential targeted therapy options or clinical trials based on the patient’s specific profile.

Currently we are the only site in Florida to offer the TAPUR study (Targeted Agent Utilization Profile Registry lead by American Society of Clinical Oncology) to patients with advanced solid tumors if they have an actionable genomic alteration. This study is giving hope to those who have no other conventional treatment options available.

We have an extensive team of breast cancer experts at Sylvester Comprehensive Cancer Center and we are your partners in this fight.

Susan Kesmodel, M.D.
Breast Surgical Oncology Director and Breast Site Disease Group Co-Leader
Associate Professor of Surgery Sylvester Comprehensive Cancer Center

Susan Kesmodel, M.D., is a board-certified surgeon at Sylvester Comprehensive Cancer Center. She is also an associate professor of surgery at the University of Miami Miller School of Medicine. At Sylvester, Dr. Kesmodel works as part of a multidisciplinary team of cancer experts and researchers. She earned her medical degree from the University of Pennsylvania Perelman School of Medicine in Philadelphia.

As a Breast Cancer Surgeon, I see patients from all walks of life, young and old, of various races and ethnicities, and with different cultural influences. My goal is to help each patient understand their treatment options, guide them through the difficult decisions and treatment that lie ahead, and eventually get them to survivorship. While my primary role is to provide top-notch care for my patients, I think it’s important to find ways to support them beyond the hospital. Participating in the Susan G. Komen More Than Pink Walk is one way for me to recognize the lives and journeys of my patients and the significant advances we have made in treating breast cancer.

The Susan G. Komen More Than Pink Walk is one of many activities that will take place during National Breast Cancer Awareness Month. Since its inception, this month has brought awareness to a disease, which affects millions of women and men worldwide and has resulted in an ongoing collaboration between providers, researchers, patients and families to improve breast cancer treatment and outcomes. Susan G. Komen has been at the forefront of this effort, providing funding for innumerable research studies, promoting educational initiatives for diagnosis and screening, and supporting treatment for patients. For Breast Cancer Surgeons and others involved, this month is a busy but important time to celebrate the many breast cancer survivors, support those who are currently fighting the disease, and remember those we have lost.

So as I gear up for October and the More Than Pink Walk, I’ll use some advice that I give my patients: Take one day at a time, everything in moderation, and most of all, enjoy time with family and friends.
Retreat Highlights

We had a blast hosting two very special retreats this year for breast cancer survivors and metastatic thrivers in our community. Guest speakers from Miami Cancer Institute covered a range of topics including clinical trials, dietary wellness, holistic botany, treatment & surgical approaches, and so much more! Thank you to everyone who made these events possible.

Group shot of attendees at Day of Growth at Gilda’s Club

Empowering social activities

Potting & decorating take-home plant

Live Yoga Demonstration

Making new friends!

Expert Panel discussion

Learning about skincare from Mary Kay
**METASTATIC BREAST CANCER DAY IS OCTOBER 13TH**

**What is metastatic breast cancer?**
Metastatic breast cancer (also called stage IV or advanced breast cancer) is not a specific type of breast cancer. It’s the most advanced stage of breast cancer. Metastatic breast cancer is breast cancer that has spread beyond the breast and nearby lymph nodes to other organs in the body (most often the bones, lungs, liver or brain).

**When can metastatic breast cancer occur?**
Some women have metastatic breast cancer when first diagnosed with breast cancer (about 6 percent of diagnoses in the U.S.) Most often, metastatic breast cancer arises years after a person has completed treatment for early or locally advanced breast cancer. This is sometimes called a distant recurrence.

**Treatment**
As hard as it is to hear, metastatic breast cancer cannot be cured today. Unlike breast cancer that remains in the breast or nearby lymph nodes, you can’t get rid of all the cancer that has spread to other organs. This doesn’t mean metastatic breast cancer can’t be treated though. Treatment focuses on length and quality of life. A treatment plan is guided by many factors, including: the biology of the tumor (characteristics of the cancer cells), where the cancer has spread, personal symptoms, and past breast cancer treatments.

**Komen’s role in Metastatic Breast Cancer**
A minimum of 25% of the net income from each Affiliate supports the Komen Research, Evaluation and Scientific Program, which funds groundbreaking breast cancer research, meritorious awards and educational and scientific conferences around the world. As of 2018, Komen has invested over $194 million in over 480 research grants and more than 50 clinical trials focused on MBC.
Breathing Through the Heat

The summer, and the scorching heat, is finally coming to an end. Welcome to fall! It's a perfect time for the MORE THAN PINK WALK® on October 12th!

I know many people look forward to this annual event. Participating in a walk can be enjoyable and easier to complete when you are ready for it! Integrating yoga is a great way to prepare the body when participating in a physical activity for an extended period of time. It helps to get the muscles ready so that you will feel less sore after the Walk. In addition to stretching asanas (poses), did you know that one of the major parts of yoga is breathing? Actually, yoga offers different breathing exercises for different situations. For example, deep breathing is designed for meditative relaxation. On the other hand, it can also be used to effectively manage body temperature during physical activity.

Even in October, Florida heat can be challenging. So, if you notice yourself overheating during the Walk, try a practical breathing technique called Hissing Breath. It is well known for affecting centers of the brain that are associated with regulating temperature. The technique is simple. It is performed by having the lips open, gritting your teeth, inhaling slowly through the mouth (creating a hissing sound), and exhaling through the nose. Not only will it help you cool down, this breathing exercise will also help to calm down the nervous system.

If you have sensitive teeth, you can roll your tongue so it looks like a tube or a taco shell and inhale through the mouth and exhale through the nose. This breathing practice is known as Cooling Breath and has the same benefits as Hissing Breath. They can be used interchangeably!

These techniques may not be for everyone. If you suffer from low blood pressure, heart problems, or are currently suffering from respiratory issues such as a cold, cough, or asthma, you should avoid them.

Don’t forget to do some stretches/yoga before and after the Walk. During the walk, try either (or both!) of the breathing exercises in case you overheat or experience shortness of breath. After all, it may be autumn according to the calendar, but in Florida, the weather is comparable to summer!

More than anything, relax, enjoy the slightly cooler weather, and come out to increase awareness for this beautiful cause we are all coming together for.

Chahna Tailor

Chahna Tailor received her yoga certification in Rishikesh, India, and has a background in occupational therapy and health science. Chahna’s company, Namaskar To You, provides a home delivery service of yoga and additional holistic services, as well as a delivery of corporate wellness programs to companies in South Florida. One of her favorite styles of yoga is Restorative Yoga. Her mission is to help others implement stress reduction techniques and take more time out for their own self-care. She volunteers for charities associated with education and is a volunteer contributor to Desh Videsh, writing articles related to yoga, meditation, and wellness. She is currently pursuing studies in the holistic science of Ayurveda while continuing her self-studies in yoga. Interested in a private session? You can email her at chahna@namaskartoyou.com or call her at 954-695-9296.
save the date

Be More Than Pink
LUNCHEON

Join us as we celebrate life and honor all Survivors & Metastatic Thriver
who have so courageously fought breast cancer.
Presenting our 2019 Faces of a Warrior Mentorship Group.

March 22nd, 2020 ⏰ 11 AM-2 PM

Faces of a Warrior 2019-2020

Hyatt Regency Coral Gables
50 Alhambra Plaza, Coral Gables, FL 33134

Individual Tickets $70.00 | Special Table Pricing Available For Groups Of 10

For more information: 954-909-0454 | info@komenmiafl.org | RSVP @ www.komenmiafl.org/luncheon
Greetings and welcome back! As you may know, Susan G. Komen Miami/Ft. Lauderdale is preparing for their annual More Than PINK Walk®. This seems like a great opportunity for us to talk about the benefits of physical exercise for the social and emotional health of breast cancer survivors. We all know that exercise is good for our health and wellness in that it helps us manage our weight which lowers our risk for many illnesses such as diabetes and heart disease. But did you know that it can also help reduce breast cancer risk, especially after menopause? One large study demonstrated that women who lost 4-11 pounds after menopause had more than a 20 percent lower risk compared with women whose weight did not change (Susan G. Komen). Also, research shows that physical activity can help to reduce the likelihood of a recurrence and improve survival (American Cancer Society).

But how does exercise affect our emotional health? Exercise promotes chemicals in the brain that improve mood and make us more relaxed. Specifically, the brain releases feel-good chemicals called endorphins throughout the body. Physical activity reduces anxiety, depressed mood and enhances self-esteem. Following a breast cancer diagnosis and/or during and after treatment many survivors struggle with managing their feelings and may suffer from poor self-image as a result of scarring or other physical changes. Medical and mental health professionals strongly encourage beginning an exercise routine immediately as part of a breast cancer treatment plan, even for just a few minutes a day to start. This can help in several ways, including beginning to put structure in your day, increasing physical strength and stamina, minimizing treatment side effects and especially with coping with a range of unexpected emotions. A good walk can do wonders for your mental wellbeing.

Many people find that beginning an exercise routine can be difficult at first. Keep in mind, any movement is better than no movement! Some start out by walking around the inside of their homes to build confidence. Perhaps try a lap or two if you’re a beginner. You’ll start to feel the difference in your mood almost immediately. Community organizations often offer low or no-cost opportunities to join a gym or a variety of activity groups. Free cancer specific exercise groups are available throughout South Florida in hospitals and local non-profit organizations. Google can help you find local options.

Remember, being active has a whole range of benefits when it comes to psychosocial health. It improves self-perception and self-esteem, mood and sleep quality and it reduces stress, anxiety and fatigue. And while you’re considering your exercise options, I hope you’ll think about joining the More Than PINK Walk® taking place Saturday, October 12th, 2019 at Bayfront Park in Downtown Miami. Hope to see you there!

Stacey Balkanski

Stacey Balkanski holds a Master’s Degree in Social Work from the University of Central Florida and a Bachelor’s Degree in Psychology from the State University of New York at Stony Brook. She is a Licensed Clinical Social Worker with more than 20 years of experience in for-profit and non-profit organizations in the social services and mental health fields. Stacey has maintained a private practice for 10 years in Plantation, FL and has recently expanded to serve the Coral Springs/Parkland communities.
Access Breast Health in Our Community

These non-profit organizations are being funded through Komen Miami/Ft. Lauderdale grants for breast health programs across Broward, Miami-Dade, and Monroe counties. Your dollars help make these programs possible! For more information, visit www.komenmiafl.org.

- Community Life Support, Inc. | Mammogram | Ultrasound, Mammogram, Biopsy
- Florida Keys Area Health Education Center, Inc. | Mammogram (voucher)
- Gilda’s Club South Florida | Educational Workshops
- Health Education Prevention and Promotion, Inc. | Clinical Breast Exam, Mammogram | Ultrasound, Mammogram
- Holy Cross Hospital, Inc. | Mammogram | Ultrasound, Mammogram, MRI, Biopsy
- Liga Contra el Cancer, Inc. | Chemotherapy
- Lymphedema Foundation of South Florida | Lymphedema Therapy
- Memorial Foundation/Memorial Healthcare System | Ultrasound, Mammogram, Biopsy, MRI, Genomic Testing
- North Broward Hospital District d/b/a Broward Health | Mammogram | Ultrasound, Mammogram, MRI, Biopsy
- Open Door Health Center, Inc. | Clinical Breast Exam, Mammogram Referral | Specialist Referral
- SSJ Health Foundation benefiting St. John Bosco Clinic | Mammogram | Ultrasound, Mammogram
- Womankind | Mammogram, Ultrasound, Biopsy
- YWCA of Greater Miami-Dade, Inc. | Clinical Breast Exam, Mammogram | Mammogram

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Treatment Assistance Program

**Call the Susan G. Komen® Breast Care Helpline**

M-F 9AM-10PM

1-877 GO KOMEN (465-6636)
or email helpline@komen.org

Don’t let financial hardship keep you from the treatment you need.

The following assistance is available for qualifying breast cancer patients:

- Assessment by an oncology social worker
- Psychosocial support
- Breast cancer education
- Information about local resources
- Financial assistance
  - Oral pain medication
  - Anti-nausea medication
  - Oral chemotherapy/hormone therapy
  - Child care/elder care
  - Transportation to and from treatment
  - Lymphedema care and supplies
  - Durable medical equipment
Try these tips from the Health Channel experts:

1. **Stay hydrated.** Every body’s water needs are different, but holistic health practitioner Hamad Shirazi recommends drinking half of your body weight in ounces as a good rule of thumb. Caffeine, alcohol, and stimulants can dehydrate you. Shirazi adds that if you are consuming liquids that dehydrate you, add another cup of water to stay hydrated.

2. **Skip static stretching when you warm up.** According to Diana Solares, a physical therapist at West Kendall Baptist Hospital, “That actually makes the muscle a little longer for a period of time, and you don’t want to work that muscle out when it’s long because it’s actually going to make it more susceptible to injury.” Brian Betancourt, an exercise physiologist at Baptist Health South Florida, recommends foam rolling and dynamic movements to warm up instead. Static stretches or stretches that are held for long periods of time, are best for after the workout when your muscles are warm.

3. **Keep a positive mindset and make exercise a habit.** Unni Greene, a personal trainer and nutritionist with SoMi Fitness, recommends talking to yourself the way you would talk to a friend. Replace phrases like “I’m too old”, “I don’t have time”, and “I don’t know how” with “I can do this” and “I am worth this”. These are examples of positive self-talk. Greene also advises making a commitment to yourself by scheduling workouts in your calendar so you stay committed and create a habit of exercising.

**Ratasha Iribarren**

Ratasha Iribarren is part of the South Florida PBS Health Channel team, a 24/7 South Florida PBS channel in partnership with Baptist Health South Florida providing the latest health information. She is an AFMAX Certified Group Fitness Instructor and has worked with clients of all ages and fitness levels in both group and one-on-one settings for eight years. Ratasha holds a Bachelor of Science in Communication and Master of Science in Physical Education (Sport Science) from Florida International University. In her free time, Ratasha enjoys training for competitive obstacle course races and rock climbing. She believes that failure is your best teacher, and that you can do whatever you set your mind to!
Breast Self Awareness Messages

Make Healthy Lifestyle Choices
Did you know you can do things that are good for your health that may lower your risk of getting breast cancer?

1. Maintain a healthy weight
Many studies have shown a link between body weight and weight gain and breast cancer risk. However, being overweight or obese affects the risk for pre- and postmenopausal women differently.

- Being overweight or obese BEFORE menopause modestly decreases the risk of breast cancer.
- Being overweight AFTER menopause increases the risk of breast cancer.
- Gaining 20 pounds or more after the age of 18 may increase your risk of breast cancer.
- Losing weight after menopause may lower your risk of breast cancer.

2. Add exercise to your routine
Physical activity not only burns energy (calories), but it may also help lower your risk of breast cancer. (This benefit is seen most clearly in women after menopause.) Exercise fights obesity and may lower estrogen levels. It may also boost the immune system so it can help kill or slow the growth of cancer cells.

Before you start an exercise program, see a doctor if you:
- Have been inactive for a long time
- Are overweight
- Have a high risk of heart disease
- Have a high risk of or have other chronic health problems
If you are already physically active, keep up the good work!

3. Limit alcohol intake
The more alcohol you drink, the higher your risk of breast cancer. Studies have shown that women who had 2-3 alcoholic drinks per day had a 20 percent higher risk of breast cancer compared to women who didn’t drink alcohol. If you drink alcohol, have less than one drink a day.

4. Limit menopausal hormones
Menopausal hormone therapy (MHT) is approved for the short-term relief of menopausal symptoms. The main types of MHT are:
- Estrogen plus progestin and
- Estrogen alone.

Estrogen plus progestin increases the risk of both developing and dying from breast cancer. Once MHT is stopped, this increased risk returns to that of a woman who has never used hormones in about 5-10 years. Some studies have shown estrogen alone increases the risk of breast cancer. However, one large study found a decreased risk.

Talk to a doctor about the risks and benefits of MHT.

5. Breastfeed, if you can
Breastfeeding protects against breast cancer, especially in premenopausal women.

1. Know your risk
2. Get screened
3. Know what is normal for you
4. Make healthy lifestyle choices

For more information visit our website or call our breast care helpline.

www.komen.org
1-877 GO KOMEN
(1-877-465-6636)

Breast changes that should be reported to your health care provider:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away
Join Our Fight. Save a Life.

6th ANNUAL
SUSAN G. KOMEN MIAMI/FT. LAUDERDALE
RUN FOR THE PINK

SUNDAY, JANUARY 26, 2020
FORT LAUDERDALE

www.komenmiaftl.org/run