# breast cancer — you Can Survive

PREVENTION AND DETECTION

1. BREAST SELF-EXAM, performed monthly.

2. BREAST PHYSICAL EXAM, done by a doctor or other qualified medical provider.

3. MAMMOGRAPHY. Mammography is one technique doctors use to screen for breast cancer, but it is also used to diagnose breast cancer.

4. Contact your personal physician if you think you have any signs of breast cancer, and make sure to schedule annual physical examinations.

5. Contact HQ Health Units or your local Site Occupational Medicine Program for more information.

DOE employees' stories of hope and solace:
http://www.eh.doe.gov/health/hservices/cancer_awareness.html