

Breast Cancer Awareness Month | 2023

Images, messages, and resource links.

OCTOBER: Breast Cancer Awareness Month

Did you know that **quitting smoking** is recommended for breast cancer survivors? Need help quitting?

Call **1-800-QUIT-NOW (1-800-784-8669)**

Help is available in English and Spanish plus additional language **interpretation services.**



NCDHHS
Division of Public Health



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Collaborating to Conquer Cancer
NORTH CAROLINA



Banner 1

Did you know that quitting smoking is recommended for breast cancer survivors? Need help quitting? Call 1-800-QUIT-NOW (1-800-784-8669). Help is available in English and Spanish plus additional language interpretation services. Learn more.

<https://quitlinenc.dph.ncdhhs.gov/>

OCTOBER: Breast Cancer Awareness Month

Other than skin cancer, **breast cancer** is the **most common cancer in women in the U.S.**

In North Carolina, an estimated **12,102 women** will be diagnosed with breast cancer in 2023.

Get the facts and **reduce your risk.**



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Banner 2

Other than skin cancer, breast cancer is the most common cancer in women in the U.S. In North Carolina, an estimated 12,102 women will be diagnosed with breast cancer in 2023. Get the facts and reduce your risk. Learn more.

<https://www.dph.ncdhhs.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/docs/BreastCancer-Web.pdf>

OCTOBER: Breast Cancer Awareness Month

Getting a **regular mammogram** is the best way for your doctor to **find breast cancer early**.

Confused about when to get a mammogram?

Talk to your doctor about when you should start.



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Banner 3

Getting a regular mammogram is the best way for your doctor to find breast cancer early. Confused about when to get a mammogram? Talk to your doctor about when you should start. Learn more.

https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm?src=SocialMediaToolkits

OCTOBER: Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. You may be able to **reduce your risk for breast cancer** by taking care of your health.



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Banner 4

October is Breast Cancer Awareness Month. You may be able to reduce your risk for breast cancer by taking care of your health. Learn more.

<https://bcccp.dph.ncdhhs.gov/breastcancer.htm>

OCTOBER: Breast Cancer Awareness Month

Everyone should have access to breast and cervical cancer screening. The North Carolina Breast and Cervical Cancer Control Program (NC BCCCP) provides free or low-cost screenings and follow up to eligible women.



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Banner 5

Everyone should have access to breast and cervical cancer screening. The North Carolina Breast and Cervical Cancer Control Program (NC BCCCP) provides free or low-cost screenings and follow up to eligible women. Learn more.

<https://bcccp.dph.ncdhhs.gov/linksandresources/NCBCCCPServicesBrochure.pdf>

OCTOBER: Breast Cancer Awareness Month

In North Carolina, African American women have a higher rate of dying from breast cancer than any other population group.

Visit African American Breast Cancer Alliance, Inc. to develop your own practical breast health action plan.



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Banner 6

In North Carolina, African American women have a higher rate of dying from breast cancer than any other population group. Visit the African American Breast Cancer Alliance, Inc. to develop your own practical breast health action plan. Learn more.

<https://aabcainc.org/black-women-and-breast-cancer/>



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