



American Indian Cancer Foundation's **INDIGENOUSPINK**

Breast cancer is the second leading cause of cancer death for Native women - approximately 1 in 8 women will get breast cancer in their lifetime. However, all bodies have breast tissue and can be affected by breast cancer. While the recommendation for mammogram screening begins at 50 the American Indian Cancer Foundation (AICAF) recommends screening beginning at 40. AICAF understands this is an individual choice and we encourage people of all ages to get screened if they are having symptoms. Early detection is especially important for those with a family history of breast cancer.

Start a conversation with your healthcare provider about when screening is best for you, and encourage loved ones to do the same.

*Use this pledge to
discuss your screening
options with your
health care provider*

Pledge to get screened! **Select what you are pledging:**

- ☐ I, _____ (Printed First & Last Name), am under 40 years old and pledge to get screened when I am of age.
- ☐ I, _____ (Printed First & Last Name), am 40-49 years old and pledge to talk with my healthcare provider about my breast cancer screening options and schedule an appointment to have a mammogram upon the recommendation of my healthcare provider.
- ☐ I, _____ (Printed First & Last Name), am 50 to 74 years old and pledge to have a mammogram at least every other year.

Tá! for pledging to end breast cancer in Indian Country!
(Tá! means 'Thank you' in Alabama)



Signature: _____

Date: _____