



# KNOWLEDGE IS POWER.

## OCTOBER IS BREAST CANCER AWARENESS MONTH



### **What is Breast Cancer Awareness Month?**

October is Breast Cancer Awareness month, an annual worldwide campaign committed to increasing awareness and promoting regular breast cancer screening and early detection efforts.

#### **About this kit:**

This kit was designed to help reduce the burden of breast cancer in Montana through providing social media tips and tricks designed to spread both awareness and increase education about screening and prevention efforts.

#### **Who should use this kit?**

This kit was created for health care providers, public health professionals, and community organizations in Montana that want to expand their social media reach during Breast Cancer Awareness Month. You will find suggested sample social media messaging that you can post as is or alter to fit your intended audience.

#### **Breast Cancer in Montana**

1 in 8 women will be diagnosed with breast cancer at some point in their life and in 2022 alone over 43,000 are expected to die from the disease, making breast cancer the second most diagnosed cancer and cause of cancer related death

among women.<sup>1</sup> For Montana women, breast cancer is the most diagnosed cancer and the 2nd leading cause of cancer related death.<sup>2</sup> On average, 920 women are diagnosed throughout the state annually with invasive breast cancer.<sup>3</sup>

### **Symptoms of breast cancer**

Different people have different signs and symptoms of breast cancer, while some people do not have any signs or symptoms at all.<sup>4</sup>

Some warning signs include a lump in the breast or underarm (armpit), thickening or swelling of part of the breast, irritation or dimpling of breast skin, redness or flaky skin in the nipple area or the breast, pulling in of the nipple or pain in the nipple area, nipple discharge other than breast milk, any change in the size or the shape of the breast, and pain in any area of the breast.<sup>5</sup>

If you are experiencing any of the above symptoms, speak with your provider today, and remember that these symptoms can happen with other conditions that are not cancer.<sup>6</sup>

### **Screening and prevention**

A mammogram is the best test doctors have to find early signs of breast cancer. It is completed by taking an X-ray picture of the breast.<sup>7</sup>

The United States Preventative Service Task Force (USPSTF) recommends women of average risk begin screening with mammography at age 50 and continue mammograms every two years through age 74.<sup>8</sup>

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<sup>1</sup> American Cancer Society, “Breast Cancer Statistics: How Common Is Breast Cancer?” last modified January 12, 2022, <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>.

<sup>2</sup> Montana Department of Health and Human Services, *Cancer in Montana-Annual Report 2015-2019* (Helena, Montana: Montana Central Tumor Registry, 2022) <https://dphhs.mt.gov/assets/publichealth/Cancer/MCTRAnnualReportFeb2022.pdf>

<sup>3</sup> Ibid.

<sup>4</sup> Centers for Disease Control and Prevention, “What Are the Symptoms of Breast Cancer?” last modified September 26, 2022, [https://www.cdc.gov/cancer/breast/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm).

<sup>5</sup> Ibid.

<sup>6</sup> Ibid.

<sup>7</sup> Centers for Disease Control and Prevention, “What is a Mammogram?” last modified September 26, 2022, [https://www.cdc.gov/cancer/breast/basic\\_info/mammograms.htm](https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm).

<sup>8</sup> Centers for Disease Control and Prevention, “What is Breast Cancer Screening?” last modified September 26, 2022, [https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm).

Women ages 40-49 may want to consider screening earlier and should speak with their health care provider about their options.<sup>9</sup> Please see table 1 for a screening guidelines comparison from different organizations.

Table 1: Screening Guideline Comparison of Average Risk Women

Organization	Age (yrs) to Start Mammography	Age to Stop Mammography	Mammography Interval
American College of Radiology/Society of Breast Imaging	40	No age limit, tailor to individual health status	Annually
American Cancer Society	45, option to start at 40	When life expectancy is less than 10 years	Annually 45-54, Every other year or annually age 55 and up
American College of Obstetricians and Gynecologists	Offer at 40, but no later than 50	Age 75, then shared decision making	Every 1 or 2 years
American Medical Association	40	Not Stated	Annually
American Society of Breast Surgeons	40	When life expectancy is less than 10 years	Annually
National Comprehensive Cancer Network	40	Upper age limit for screening is not yet established	Annually
United States Preventative Services Task Force	50	74	Every 2 years

Source: DenseBreast-info.org. "Screening Guide Comparison in Average Risk Women." Last modified April 2022. <https://densebreast-info.org/for-providers/screening-guidelines-comparison/>

## Risk Factors

The most common risk factors associated with breast cancer are aging and being a woman, but family history of both breast and ovarian cancers can drastically increase an individual's breast cancer risk.<sup>10</sup> Know your family history and discuss it with your health care provider.

Women with dense breasts are at an increased risk for developing breast cancer.<sup>11</sup> Dense tissue and tumors have a similar appearance on a mammogram, which can cause small tumors to be missed.<sup>12</sup> Newer technology, such as 3D

<sup>9</sup> Ibid.

<sup>10</sup> Centers for Disease Control and Prevention, "What Are the Risk Factors for Breast Cancer?" last modified September 26, 2022, [https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm).

<sup>11</sup> American Cancer Society, "Breast Density and Your Mammogram Report" last modified March 10, 2022, <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/breast-density-and-your-mammogram-report.html>

<sup>12</sup> Ibid.

mammography, is more accurate than 2D mammography for women with dense breasts.<sup>13</sup> Know your breast density and make it part of the conversation when discussing your personal risk and breast cancer screening options.

### **Social Media Tips and Tricks**

Ask yourself WHO is my intended audience?

WHAT specific health issue(s) affects my intended audience?

WHAT social media platform is my intended audience most likely to use?

WHAT action do I want them to take?

Keep language simple and posts short. Lengthy posts get fewer retweets and engagements.

Monitor engagements and engage when appropriate. Remove or “hide” comments that could be considered harassing.

Vary content and consider adding photos, videos, and infographics to your posts.

Track what content’s working and consider modifying future posts accordingly.

### **Don’t underestimate the power of the #hashtag**

#Hashtags are a great way to connect with people and can be used for pretty much anything. During campaigns, such as Breast Cancer Awareness Month, hashtags are a great way to raise awareness or to start a conversation and/or be visible in a conversation already taking place on social media. Include relevant #hashtags on your #BreastCancerAwarenessMonth social media posts and watch your post’s likes, shares, comments, and even new followers increase!

### **Popular #hashtags for Breast Cancer Awareness Month:**

#breastcancerawarenessmonth #breastcancerawareness #breastaware #checkyourboobs #knowyournormal #knowyourrisk #knowyourbreasts #knowyourlemons #knowledgeispower #october #pinkoctober #pink #pinkoctober #thinkpink #pinkribbon #breastcancersurvivor

### **No need to reinvent the wheel!**

There are numerous free infographics and videos available from various organizations. Some great resources can be found here:

African American Cancer Alliance, Inc.

<https://aabcainc.org/>

American Indian Cancer Foundation

<https://americanindiancancer.org/acif-resource/breast-cancer-infographic/>

American Cancer Society

<https://www.cancer.org/cancer/breast-cancer.html>

Breastcancer.org

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<sup>13</sup> Ibid.

<https://www.breastcancer.org/>

Breast Cancer Now

<https://breastcancernow.org/>

CDC

<https://www.cdc.gov/cancer/breast/buttons.htm>

Food and Drug Administration

<https://www.fda.gov/consumers/take-time-care-program/pink-ribbon-guide-mammography-matters>

GW School of Medicine & Health Sciences

<https://cancercontroldtap.smhs.gwu.edu/resources/breast-cancer-awareness-month-campaign>

Metastatic Breast Cancer Network

<http://mbcn.org/october-13-national-metastatic-breast-cancer-awareness-day/>

National Breast Cancer Foundation, Inc.

<https://www.nationalbreastcancer.org/>

National Cancer Institute


<https://www.cancer.gov/types/breast/patient/breast-screening-pdq>

Susan G. Komen


<https://www.komen.org/support-resources/tools/komen-education-materials/>

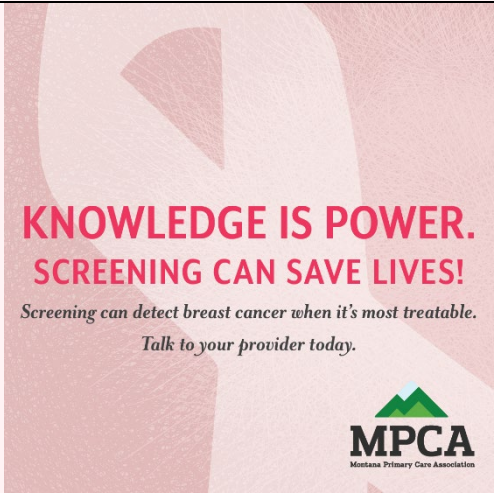
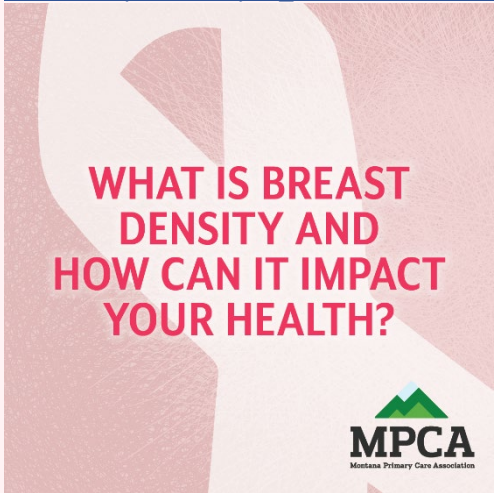
#### Sample Messages and graphics:

Date	Sample Social Media Post
10/1	<p>October 1<sup>st</sup> is the first day of Breast Cancer Awareness month! Learn more about your own risk here: <a href="https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm">https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm</a> #breastcancerawarenessmonth #thinkpink #pinkoctober #knowyourrisk</p> 


	<p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022-1.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022-1.png</a></p>
10/2	<p>#BreastCancerAwarenessMonth is a great time to spread awareness about breast cancer screening and prevention, but is also a time to honor and support breast cancer survivors and those seeking treatment for breast cancer. It's also a special time to reflect and remember those who have lost their battle with breast cancer. Learn more about you can get involved here <a href="https://www.komen.org/how-to-help/#breastcancerawarenessmonth#cancersurvivor#fight#thinkpink">https://www.komen.org/how-to-help/#breastcancerawarenessmonth#cancersurvivor#fight#thinkpink</a></p> <p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/MPCA_BC_Women_1080x1080.png">http://www.mtpca.org/wp-content/uploads/MPCA_BC_Women_1080x1080.png</a></p> 
10/3	<p>Breast cancer is a disease in which the cells of the breast grow out of control, and is the second most common cancer among women, after skin cancer. Learn more about breast cancer symptoms here: <a href="https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm">https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm</a></p> <p>#knowyourboobs #checkyourboobs</p>
10/4	<p>Be breast aware! Knowing what feels and looks normal for your own breasts may help you notice symptoms, such as lumps, change in size, and pain, that may be of concern. Learn more about breast self-exam here: <a href="https://www.breastcancer.org/screening-testing/breast-self-exam-bse">https://www.breastcancer.org/screening-testing/breast-self-exam-bse</a></p> <p>#breastaware #knowyourboobs #breastcancerawareness</p> <p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022-1.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022-1.png</a></p>





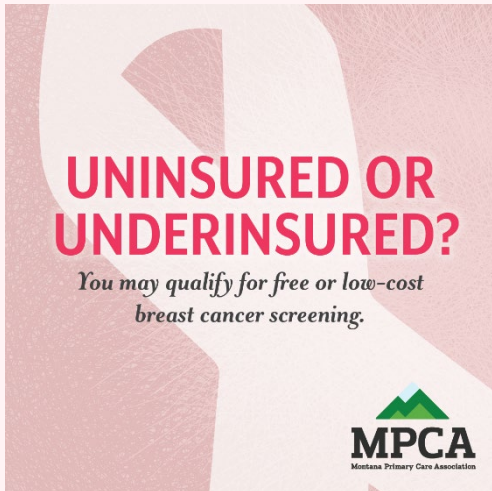
	
10/5	<p>Breast cancer screening looks for signs of the disease before there are symptoms. Screening may help find breast cancer early when it's easier to treat and less likely to spread to other parts of the body. Learn more about screening options here: <a href="https://www.cancer.gov/types/breast/patient/breast-screening-pdq">https://www.cancer.gov/types/breast/patient/breast-screening-pdq</a> #breastaware #breastcancerawarenessmonth #knowledgeispower</p>
10/6	<p>A mammogram is the most common breast cancer screening test. It takes an x-ray picture of your breast and may help find breast cancer in its earliest stages. Learn more about the different kinds of mammograms, what happens during a mammogram, and more here <a href="https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammogram-basics.html">https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammogram-basics.html</a> #checkyourboobs #breastaware</p>
10/7	<p>Did you know that smoking is associated with an increased risk of developing breast cancer? Quitting can be really hard and isn't something you have to do alone! Learn more about the tobacco cessation programs that the Montana Quit Line has to offer here <a href="https://dphhs.mt.gov/publichealth/mtupp/quitline">https://dphhs.mt.gov/publichealth/mtupp/quitline</a> #breastcancerprevention</p>
10/8	<p>Although rare, men can get breast cancer too. Learn about symptoms and what can increase risk of breast cancer in men here <a href="https://www.cdc.gov/cancer/breast/men/index.htm">https://www.cdc.gov/cancer/breast/men/index.htm</a> #breastcancerawarenessmonth</p>
10/9	<p>There are breast cancer risk factors that you cannot change, such as inheriting certain genes that make your risk of getting breast cancer higher. Learn more about these risk factors here <a href="https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/breast-cancer-risk-factors-you-cannot-change.html">https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/breast-cancer-risk-factors-you-cannot-change.html</a> #knowledgeispower</p> <p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_2022.png</a></p>

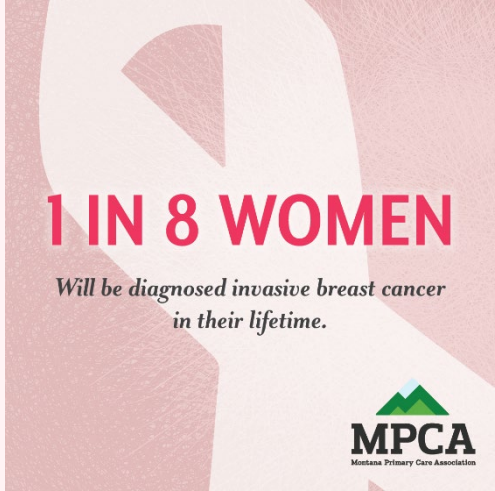
	 <p><b>KNOWLEDGE IS POWER. SCREENING CAN SAVE LIVES!</b></p> <p><i>Screening can detect breast cancer when it's most treatable. Talk to your provider today.</i></p> <p><b>MPCA</b> Montana Primary Care Association</p>
10/10	<p>Being diagnosed with breast cancer and undergoing treatment can take a toll on your mental health. In honor of world mental health day, check out this mental health toolkit designed to help support the mental health of women with breast cancer  <a href="https://breastcancernow.org/information-support/facing-breast-cancer/living-beyond-breast-cancer/life-after-breast-cancer-treatment/coping-emotionally/your-mental-health-toolkit">https://breastcancernow.org/information-support/facing-breast-cancer/living-beyond-breast-cancer/life-after-breast-cancer-treatment/coping-emotionally/your-mental-health-toolkit</a>  #pinkoctober #worldmentalhealthday</p>
10/11	<p>What is breast density and how can it impact your health? Learn more here  <a href="https://www.youtube.com/watch?v=504mCaNo7hE">https://www.youtube.com/watch?v=504mCaNo7hE</a>  #knowyourboobs</p> <p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermmonth_20222.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermmonth_20222.png</a></p>  <p><b>WHAT IS BREAST DENSITY AND HOW CAN IT IMPACT YOUR HEALTH?</b></p> <p><b>MPCA</b> Montana Primary Care Association</p>
10/12	<p>What do breast cancer stages mean? Learn more here  <a href="https://www.breastcancer.org/pathology-report/breast-cancer-stages">https://www.breastcancer.org/pathology-report/breast-cancer-stages</a>  #breastcancerawarenessmonth</p>
10/13	<p>Today is National Metastatic Breast Cancer Awareness Day. Metastatic breast cancer affects over 155,000 people across the country. Metastatic means that a case of early staged breast cancer has spread outside of the breast to other parts of the body. Learn</p>



	<p>more about metastatic breast cancer here <a href="http://mbcn.org/october-13-national-metastatic-breast-cancer-awareness-day/">http://mbcn.org/october-13-national-metastatic-breast-cancer-awareness-day/</a>  #nationalmetastaticbreastcancerawarenessday #pinkoctober</p>
10/14	<p>There has been a lot of buzz about BRCA 1 and BRCA 2 genes lately, but what are these genes? Learn more from genetic counselor about these genes and what gene mutations can mean for your health here  <a href="https://www.youtube.com/watch?v=HooBqnpldDY">https://www.youtube.com/watch?v=HooBqnpldDY</a>  #knowledgeispower #breastcancerawarenessmonth #breastaware</p>
10/15	<p>Members of the LGBTQ community are at an increased risk for developing breast cancer. Learn more here <a href="https://www.breastcancer.org/videos/cancer-screening-for-the-lgbtq-community">https://www.breastcancer.org/videos/cancer-screening-for-the-lgbtq-community</a>  #breastcancerawarenessmonth #chestcancerawarenessmonth</p> <p>Image Link : <a href="http://www.mtpca.org/wp-content/uploads/MPCA_BC_lgbtq1080x1080.png">http://www.mtpca.org/wp-content/uploads/MPCA_BC_lgbtq1080x1080.png</a></p>  <p>The image is a promotional graphic for MPCA (Montana Primary Care Association) Breast Cancer Awareness Month. It features a photograph of two women, one Black and one white, smiling and embracing each other. Overlaid on the image is the text 'KNOWLEDGE IS POWER.' in bold red letters. Below the photo, it says 'Screening can detect breast cancer when it's most treatable. Talk to your provider today.' and the MPCA logo is visible in the bottom right corner.</p>
10/16	<p>Jennifer was diagnosed at age 27 with breast cancer has been fighting ever since. Learn more about her story here  <a href="https://www.cdc.gov/cancer/breast/young_women/bringyourbrave/stories/jennifer/index.htm">https://www.cdc.gov/cancer/breast/young_women/bringyourbrave/stories/jennifer/index.htm</a>  #breastcancerawarenessmonth #thinkpink</p>
10/17	<p>Having the conversation about your family history of breast cancer can be challenging, but it's an important step in understanding your own risk of developing breast cancer. Listen to this short video here about what to ask and how to begin to conversation  <a href="https://www.youtube.com/watch?v=BbVN7zUGh8">https://www.youtube.com/watch?v=BbVN7zUGh8</a>  #knowyourhistory #knowledgeispower #thinkpink</p>
10/18	<p>Did you know that women with a disability are less likely to have received a mammogram during the past two years? Learn more here  <a href="https://www.cdc.gov/ncbddd/disabilityandhealth/breast-cancer-screening.html">https://www.cdc.gov/ncbddd/disabilityandhealth/breast-cancer-screening.html</a>  #thinkpink #breastcancerawarenessmonth</p>
10/19	<p>Have you or someone you know been recently diagnosed with breast cancer? Learn more about what to expect here <a href="https://breastcancer.org/information-support/facing-breast-cancer/diagnosed-breast-cancer">https://breastcancer.org/information-support/facing-breast-cancer/diagnosed-breast-cancer</a>  #thinkpink #pinkoctober #fight</p>

	<p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20223.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20223.png</a></p> 
10/20	<p>Today is Indigenous Pink Day! Did you know that Native Montanans have higher rates of breast cancer cases and breast cancer mortality when compared to white Montanans? Join the American Indian Cancer Foundation today in raising breast cancer awareness in Indian Country by wearing pink and using the hashtag #IndigenousPink. More information about getting involved can be found here <a href="https://americanindiancancer.org/aicaf-project/indigenous-pink-day/">https://americanindiancancer.org/aicaf-project/indigenous-pink-day/</a> #IndigenousPink #wearpink #getscreened</p> <p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20224.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20224.png</a></p> 
10/21	<p>Today is National Mammography Awareness Day! Are you up to date on your mammogram? Make a promise to yourself to get your mammogram today. For Montana Specific mammogram info please take a look at the Montana Mammography Directory <a href="https://mtdh.ruralinstitute.umn.edu/blog/wp-content/uploads/2015-MT-Mammography-Directory.pdf">https://mtdh.ruralinstitute.umn.edu/blog/wp-content/uploads/2015-MT-Mammography-Directory.pdf</a> and for help knowing what to ask before scheduling your appointment check out these tips from <a href="http://breastcancer.org">breastcancer.org</a></p>

	<a href="https://www.breastcancer.org/screening-testing/mammograms/where-to-get-mammogram">https://www.breastcancer.org/screening-testing/mammograms/where-to-get-mammogram</a> #knowyourrisk #knowledgeispower #nationalmammographyawarenessday
10/22	It's confusing to know when you should begin regular breast cancer screenings, but your health care provider can help! Talk to them today about your individual risk and what screening options are right for you. Find tips and tools that may help with that conversation here <a href="https://www.komen.org/breast-cancer/treatment/getting-quality-care/talking-with-your-doctor/">https://www.komen.org/breast-cancer/treatment/getting-quality-care/talking-with-your-doctor/</a> #breastaware #thinkpink #breastcancerawarenessmonth
10/23	Did you know that Black women are more likely to develop forms of breast cancer that can spread more quickly? Visit the African American Breast Cancer Alliance's website today for educational resources and support specifically tailored to help African Americans impacted by breast cancer <a href="https://aabcainc.org/">https://aabcainc.org/</a> #thinkpink #spreadawareness #breastaware
10/24	Uninsured or underinsured? You may qualify for free or low-cost breast cancer screening through Montana's Cancer Screening Program. Learn more here <a href="https://dphhs.mt.gov/publichealth/cancer/cancerscreening">https://dphhs.mt.gov/publichealth/cancer/cancerscreening</a> #thinkpink #breastcancerawarenessmonth  Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20225.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20225.png</a>   <p>The graphic features a stylized silhouette of a person's head and shoulders in shades of pink and red. Overlaid on this is the text 'UNINSURED OR UNDERINSURED?' in large, bold, red capital letters. Below this, in smaller black text, it says 'You may qualify for free or low-cost breast cancer screening.' At the bottom right is the MPCA logo, which consists of a green mountain peak above the letters 'MPCA' and the text 'Montana Primary Care Association' below it.</p>
10/25	A breast cancer diagnosis is scary and overwhelming. Even knowing which questions to ask your care team can be confusing. American Cancer Society has put together a list of questions that may help you make informed decisions about both life and treatment. Learn more here <a href="https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/questions-to-ask-your-doctor-about-breast-cancer.html">https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/questions-to-ask-your-doctor-about-breast-cancer.html</a> #breastcancerawareness #knowledgeispower
10/26	Did you know that 1 in 8 women will be diagnosed invasive breast cancer in their lifetime? Learn more about what you can do to reduce your risk here <a href="https://www.youtube.com/watch?v=nYM2CcuH54E">https://www.youtube.com/watch?v=nYM2CcuH54E</a> #thinkpink

	<p>Image link: <a href="http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20226.png">http://www.mtpca.org/wp-content/uploads/mpca_breastcancermonth_20226.png</a></p>  <p><b>1 IN 8 WOMEN</b></p> <p><i>Will be diagnosed invasive breast cancer in their lifetime.</i></p> <p><b>MPCA</b> Montana Primary Care Association</p>
10/27	<p>Questions about cancer? The National Cancer Institute's Cancer Information Service helps patients, providers, friends, and family answer their cancer related questions through telephone, e-mail, and live chat. Learn more about this resource here <a href="https://www.cancer.gov/contact">https://www.cancer.gov/contact</a></p> <p>#knowledgeispower #breastaware</p>
10/28	<p>Alcohol use can increase your risk for developing breast cancer. Learn more here <a href="https://www.breastcancer.org/risk/risk-factors/drinking-alcohol">https://www.breastcancer.org/risk/risk-factors/drinking-alcohol</a> If you or someone you know is struggling with alcohol use visit SAMHSA's website for help today <a href="https://www.samhsa.gov/find-treatment">https://www.samhsa.gov/find-treatment</a></p> <p>#prevention #breastaware</p>
10/29	<p>Cancer survivorship can come with a lot of questions and concerns about what to expect after treatment. Find more information here <a href="https://www.cancer.org/cancer/breast-cancer/living-as-a-breast-cancer-survivor.html">https://www.cancer.org/cancer/breast-cancer/living-as-a-breast-cancer-survivor.html</a></p> <p>#cancersurvivorship #breastcancersurvivor</p>
10/30	<p>What is triple negative breast cancer? Learn more about this type of breast cancer that accounts for 15% of diagnosed breast cancers here <a href="https://www.nationalbreastcancer.org/triple-negative-breast-cancer">https://www.nationalbreastcancer.org/triple-negative-breast-cancer</a></p> <p>#breastaware #knowyourrisk</p>
10/31	<p>Today is the last day of #BreastCancerAwarenessMonth, but don't forget that breast cancer awareness is more than just a month! Let's continue to remember those who've lost their battle with breast cancer and take the pledge to get screened, raise awareness, and support breast cancer survivors and those seeking breast cancer treatment.</p> <p>#breastaware #thinkpink #getscreened</p>

## **Montana Breast Cancer Resources**

American Cancer Society in Montana

<https://www.cancer.org/about-us/local/montana.html>

Cancer Support Community Montana

<https://cancersupportmontana.org/>

Montana American Indian Women's Health Coalition

<https://mtcancercoalition.org/montana-american-indian-womens-health-coalition-maiwhc/>

The Montana Cancer Coalition

<https://mtcancercoalition.org/about/>

Montana Cancer Screening Program

<https://dphhs.mt.gov/publichealth/cancer/cancerscreening>

## References

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