

[Make a difference — make a donation to the YSC]

Yes, I would like to make a donation to the YSC to further their education, outreach and advocacy programs educating young women and the medical community that young women *can* and *do* get breast cancer.

Name _____

Company Name (if applicable) _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Enclosed is my contribution in the amount of:

\$1000 \$500 \$250 \$100 \$50 \$25

\$ _____ Other

Please charge my Amex Visa MC

Card Number _____

Name on Card _____

Exp Date _____

Please make all checks payable to the Young Survival Coalition.
Mail all donations to Young Survival Coalition, Box 528,
52A Carmine Street, New York, NY 10014.

My contribution is

In Honor of: _____

In Celebration of: _____

Please send a notification of this donation to:

Name _____

Address _____

City _____ State _____ Zip _____

Please add my name to the YSC mailing list:

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Thank you for your support.

The YSC is a nonprofit 501(c)3 organization as determined by the Internal Revenue Service. As no goods or services were received, your donation is completely tax deductible to the extent allowed by law.

[From the YSC bulletin board]

Powerful. Vital. Unstoppable. For me, these words best describe the women of the YSC and its message — if you are fighting to raise awareness about young women with breast cancer, you can be sure of one thing: You are not alone. Once considered an outsider in the breast cancer community, the YSC has succeeded in taking its message mainstream, right where it belongs.

Beth Murphy, author and producer of
“Fighting For Our Future”, “You Are Not Alone”
and “Breast Cancer Legacy”

The Young Survival Coalition has a unifying spirit, a loving heart and the smarts to ensure that the medical, scientific and advocacy communities finally address the issues of young women and breast cancer. It is saving lives and offering many hope and comfort.

Mary Dixon, VP, Advocacy and Public Affairs,
Lifetime Television, nine-year survivor

Until fairly recently, I felt alone in this. I knew there were many other people under 40 who had been diagnosed... and here are all of you! Thank you for letting me feel part of a group where people actually understand what I am feeling.

YSC volunteer diagnosed at 33

I was diagnosed with breast cancer ten years ago. There was not much for women my age then and it was hard to relate to the older women in my situation. Everyone always says and still say “you are too young for cancer”. They still to this day do not believe young women get breast cancer. YSC has helped to change that.

YSC volunteer diagnosed at 28



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Because health matters



Young Women United Against Breast CancerSM

**What Every
Young Woman
Needs to
Know About
Breast
Cancer...**

ACTION • ADVOCACY • AWARENESSSM

[As a young woman, what should I know about breast cancer?]

The chance that you as a woman in your teens and 20's will get breast cancer is small. In fact, only 5% of all breast cancer cases are in women under 40 years old. However, we hope what you learn here will empower and encourage you to take responsibility for your health and your body.

[Does that mean by learning the facts I can prevent myself from getting breast cancer?]

No — we don't know what causes breast cancer, so we don't know how to prevent it. We do know that the number one risk factor for breast cancer is being a woman, so until researchers understand the causes of breast cancer, you need to be your own health advocate by becoming aware of your breasts and any changes that occur. Although risk increases with age, breast cancer can happen to any woman — young or old, even if no one else in your family has had breast cancer.

Every year more than 200,000 women will be diagnosed with breast cancer; 11,500 of these women will be 40 and under.¹

[Know what feels normal for *your* breasts.]

When breast cancer is detected in its earliest stages, the five-year relative survival rate for young women under 45 years of age is 83 percent.² The best tool for young women to find breast cancer early, when it is often most treatable, is to become familiar with their breasts: their shape, size and what they feel like. Learn what is normal for **you**. Are your breasts lumpy? Is one slightly bigger than the other? These are normal variations. Sometimes, your breasts may change throughout your monthly cycle. If you are pregnant or nursing, breast changes are even more dramatic. Be aware of changes that are different from the norm — something that you never noticed before.

More than 80% of women 40 and under with breast cancer found their own lump.³

1. Breast Cancer Facts and Figures, 2003–2004, American Cancer Society

2. Ibid.

3. Self-reported data of women registered on the YSC's website, www.youngsurvival.org.

[Feel a lump? See your doctor.]

If you feel a lump or notice something that's not quite right, see your doctor without delay. Most breast lumps are benign (non-cancerous), but any lump should be checked out. Other symptoms for which you should see a doctor include:

- A generalized swelling of a part of the breast;
- Irritation or dimpling of the skin on the breast;
- Nipple retraction;
- A rash;
- Unusual pain;
- Redness or scaliness on the nipple or breast skin;
- Spontaneous discharge from the nipple.

If a doctor tells you that you are too young to have breast cancer and does nothing more than a clinical breast exam, insist on another test — ultrasound, mammography and/or a biopsy — or find another doctor, especially if the lump does not go away after one menstrual cycle.

[Why do I hear so little about breast cancer in young women?]

The majority of women diagnosed with breast cancer are over 40, so most studies are conducted on older women. But, young women with breast cancer struggle with many issues that their older counterparts don't face, including: the possibility of early menopause, pregnancy after diagnosis, and generally more advanced cancers at diagnosis. It is important to continue research on young women with breast cancer to better address these unique concerns. In addition, young women affected by breast cancer need to know that they do not have to deal with their diagnosis alone. There is a community of young women affected by breast cancer that they can turn to: the Young Survival Coalition.

[Who is the Young Survival Coalition?]

The Young Survival Coalition (YSC) is the only international breast cancer organization dedicated to the concerns and issues unique to women 40 and under. Our goal is to decrease the sense of isolation that young women with breast cancer often feel and build a community of young women affected by the disease. Through action, advocacy, and awareness, we seek to increase the quality and quantity of life for all young women with breast cancer by educating and influencing the medical, research, legislative and breast cancer communities to focus more attention and resources on this population. The YSC also serves as a point of contact for young women living with breast cancer and the people who care about them.

[As a young woman, what can I do?]

- **ACTION** Volunteer for the YSC — Contact us to find out how you can help in your community. Tell your doctors about the YSC by bringing brochures with you to your next appointment. “Adopt” a hospital in your community and make sure that they have information about the YSC for young women with breast cancer.
- **ADVOCACY** Speak your mind — As a young woman, you have more power than you might realize, so speak about the issues that are important to you. Encourage your friends to take charge of their health and learn about their bodies. Plan a health fair at school or a breast cancer awareness day at work.
- **AWARENESS** Share what you learn — Help the YSC by talking about young women and breast cancer. Together we can educate your mothers, sisters, cousins, friends and the general public about breast cancer.

For more information about breast cancer and young women, please visit the YSC's website (www.youngsurvival.org) or call us at 877.YSC.1011. Please join us — together we will improve the quality and quantity of life for all young women affected by the disease.

[Although breast cancer is rare in young women, it *can* and *does* happen. No woman is too young for breast cancer.]

- Know what is normal for your breasts to feel and look like so you will be aware of any changes that may occur.
- If you notice something that is different from the norm for your breasts, make sure you go to your doctor and have it checked out.
- Most breast lumps are benign.
- Be empowered! Take responsibility for your health.