

# once a month adds hope.

Breast Self-Exams. You know you're supposed to perform them, and you've heard that early detection is key to surviving breast cancer. That's why the women at M. D. Anderson Cancer Center Orlando created Pink October as a reminder to perform breast self-exams once a month. Breast self-exams can lead to early detection, which can lead to a cure. It's one of the easiest ways you can protect your health. So do it for yourself. And do it for your family. Just make sure you do it once a month. Breast self-exams and M. D. Anderson – Orlando add hope. The most hope for survival.

To learn more about Pink October or to receive your free breast self-exam shower card, call HealthLine today at 407 648-7899. Learn more at [mdandersonorlando.org](http://mdandersonorlando.org)



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**add hope.  
fight cancer.**