

B	I	N	G	O
Tumors	20	Breast Axilla & Clavicle	Pink	Healthy Lifestyle & Early detection
After Menses	Symmetry dimpling sores and discharge	Mammogram	3	Once a month
Spiral pie-shaped wedges & vertical strip	Visual Inspection & Tactile Palpation	FREE	40	Every other year
Fiber Fruits & Veggies	Self-Awareness	Genetics	Breast Self-Exam	Males & Females
Breast Cancer	African American	Nurses	Yearly	Arms behind the head arms down at side & bending forward

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Breast Axilla & Clavicle	Yearly	Healthy Lifestyle & Early detection	African American	Once a month
Fiber Fruits & Veggies	40	FREE	Every other year	20
Breast Self-Exam	Nurses	Tumors	Arms behind the head arms down at side & bending forward	Self-Awareness
Genetics	Males & Females	Spiral pie-shaped wedges & vertical strip	Symmetry dimpling sores and discharge	Breast Cancer

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African American	Nurses	3	Males & Females	40
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Spiral pie-shaped wedges & vertical strip	Arms behind the head arms down at side & bending forward	FREE	Self-Awareness	Breast Self-Exam
Visual Inspection & Tactile Palpation	Once a month	Pink	Yearly	Breast Axilla & Clavicle
Every other year	20	Mammogram	After Menses	Breast Cancer