

B	I	N	G	O
Tumors	20	Breast Axilla & Clavicle	Pink	Healthy Lifestyle & Early Detection
After Mensus	Symmetry Dimpling Sores & Discharge	Mammograms	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 & Leaning 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 & Leaning forward	Self Awareness
Genetics	Males & Females	Spiral Pie Shaped wedges & Vertical Strip	Symmetry Dimpling Sores & Discharge	Breast Cancer

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Spiral Pie Shaped wedges & Vertical Strip	Arms behind the head Arms down at side & Leaning forward	FREE	Self Awareness	Breast Self Exam
Visual Inspection & Tactile Palpation	Once a Month	Pink	Yearly	Breast Axilla & Clavicle
Every Other Year	20	Mammograms	After Mensus	Breast Cancer