



GIRL TO GIRL CHECKLIST:

Five Early Detection Breast Cancer Reminders from Miss Hooters International Sable Robbert

- ✓ **SOMETHING TO TALK ABOUT.**
If there's one thing us Hooters Girls are known for, it's being outgoing. Don't be afraid to chat with your doctor! One in eight women are affected by breast cancer in their lifetime; proactively ask about early breast cancer detection and steps you can take personally.
- ✓ **EMBRACE YOUR CURVES.**
What's more attractive than a confident woman who's knowledgeable about her body? Consult with your physician to learn more about conducting regular breast self-exams; know how they feel normally so you'll know if anything ever feels out of the ordinary.
- ✓ **GET CHECKED OUT.**
Take it from a Hooters Girl - it's good to get checked out! All women should be familiar with how their body normally looks and feels. Women ages 45 to 54 should get mammograms every year. Talk to your physician about what screenings are wise for you.
- ✓ **KNOW YOUR RISK.**
Get the conversation started with your family and find out if there's a history of breast cancer. You may potentially be at a higher risk than average.
- ✓ **SHOW THAT YOU GIVE A HOOT!**
Early detection saves lives. Use the power of social media to spread the word to your friends, family, neighbors, coworkers and that girl that you "friended" in spin class! Tell us who you support and show that you #GiveAHoot in the fight against breast cancer at Give.Hooters.com.

MORE INFORMATION AVAILABLE AT GIVE.HOOTERS.COM



Sable J D Robbert



SABLE ROBBERT
2016 Miss Hooters International

Early detection reminders and recommendations were adapted from guidelines by the American Cancer Society.



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