



GIRL TO GIRL CHECKLIST:

Five Early Detection Breast Cancer Reminders from
Miss Hooters International Chelsea Morgensen

✓ **SOMETHING TO TALK ABOUT.**

If there's one thing Hooters Girls are known for, it's being social. Don't be afraid to strike up a conversation with your doctor! Did you know that one in eight women are affected by breast cancer in their lifetime? Be proactive! Ask about how to detect breast cancer early and steps you can take to lower your risk.

✓ **KNOW YOUR RISK.**

Do you know if there is a history of breast cancer in your family? Get the conversation started and find out! If you are at a higher than average risk, then you should talk to your doctor. There may be additional precautions that you can take.

✓ **EMBRACE YOUR CURVES.**

Talk with your physician to learn more about how to conduct regular breast self-exams. Be aware of 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! Every woman should be familiar with the way their body normally looks and feels. Women ages 45 to 54 should get mammograms every year. Talk to your physician about which screenings are right for you.

✓ **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 yoga class! Tell us who you support and show that you #GiveAHoot in the fight against breast cancer at Hooters.com/Give.

MORE INFORMATION AVAILABLE AT HOOTERS.COM/GIVE



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