

2016

Breast Cancer Awareness Month Social Media Guide



USAGE & EDITING

Feel free to copy and/or modify text posts as appropriate and add your organizational logo in the customizable image templates.

Image posts containing the North Dakota Department of Health Logo utilize stock photos that are property of the Department. Please do not remove, edit, or obstruct the logo in these images.

Images are available in web quality (JPEG) for online posting or print quality (PDF) for flyers, handouts, and/or posters.



Images can be downloaded at:
<https://www.ndcancercoalition.org/?id=85&page=Breast+Cancer+Awareness>

WEEK 1: OCTOBER 3-7

DATE

TWITTER

FACEBOOK

Monday,
October 3

We're kicking off #BreastCancerAwareness Month! You CAN help reduce your risk of breast cancer. Read how here: <http://goo.gl/s4Xjts>

Image: October is



We're kicking off #BreastCancerAwareness Month! You CAN help reduce your risk of breast cancer. Read how here: <http://goo.gl/s4Xjts>

Image: October is



Wednesday,
October 5

#Breastcancer is easiest to treat when it is found early. Talk to your doctor about your risk for breast cancer, when to get screened, and how often to get screened.

Image: Do you know



Breast cancer is easiest to treat when it is found early. Talk to your doctor about your risk for breast cancer, when to get screened, and how often to get screened. #knowyourrisknd

Image: Do you know



Friday,
October 7

Unsure how to talk to your doctor about breast cancer risk? Be prepared with a list of questions to guide the discussion. Here are a couple to get you started:

Image: Know your risk questions



Not sure how to have the conversation with your doctor about breast cancer risk? Be prepared with a list of questions to guide the discussion. Here are a couple questions to get you started:

Image: Know your risk questions



WEEK 2: OCTOBER 10 - 14

DATE

TWITTER

Monday,
October 10

Do you know the answer? Together you and your doctor can discuss when and how often to get screened for #breastcancer

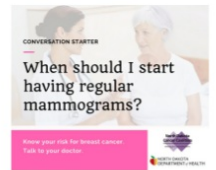
Image: When should I start



FACEBOOK

When should I start getting regular mammograms and how often? At what age should I stop having a regular mammogram? Ask your healthcare provider.

Image: When should I start



Wednesday,
October 12

High deductibles? No insurance? Need help to pay? Women's Way may provide a way to pay for your breast cancer screenings. Visit <http://www.ndhealth.gov/womenway/>

Image: WWay Logo



High deductibles? No insurance? Need help to pay? Women's Way may provide a way to pay for your breast cancer screenings. For more information, visit: <http://www.ndhealth.gov/womenway/>

Image: WWay Logo



Friday,
October 14

Talk to your doctor about your personal breast cancer risks #LifeLessonsLearnedIn5Words #knowyourrisknd

Image: #LifeLessons



Do you know the answer? True or False: Not all women are at risk for breast cancer. Learn more breast cancer facts at: <http://www.nationalbreastcancer.org/breast-cancer-facts> #breastcancer #upyourawareness

Image: True or False



WEEK 3: OCTOBER 17 - 21

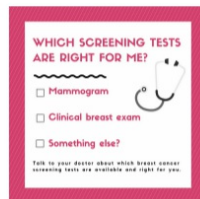
DATE

TWITTER

Monday,
October 17

#upyourawareness in October by starting the conversation with your doctor about your breast cancer risk. YOU can control which tests you take for #breastcancer screening.

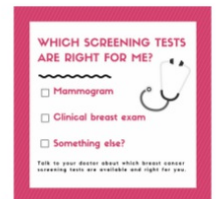
Image: Which test is right



FACEBOOK

Up your awareness in October by starting the conversation with your doctor about your breast cancer risk. YOU can control which tests you take for #breastcancer screening. #upyourawareness #knowyourrisknd

Image: Which test is right



Friday,
October 21

Happy National Mammography Day! What is a mammogram? Pros and cons? Get answers here: <http://goo.gl/EpS9DC>

Image: None

Today is National Mammography Day! What is a mammogram? What are the pros and cons of screening mammograms? Find out answers to these question and more: <http://goo.gl/EpS9DC>

Image: None

WEEK 4/5: OCTOBER 24 - 31

DATE

TWITTER

FACEBOOK

Monday,
October 24

Do you know your risks?
Being AWARE is simply not
enough. Starting the
conversation NOW with your
doctor is key to understanding
your risk of #breastcancer



Image: The conversation

Do you know your risks?
Being AWARE is simply not
enough. Starting the
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your risk of #breastcancer



Image: The conversation

Wednesday,
October 28

Keeping a #healthyweight may
reduce the risk of
#breastcancer. Start your
weekend off right with an easy
and healthy breakfast. Recipe
here: <http://goo.gl/p9Xxv>



Image: Pancakes

Shopping for brunch this
weekend? Maintaining a
#healthyweight is one way to
reduce the risk of
#breastcancer. Here is a quick
and easy Healthy Pancakes
recipe by the Million Hearts
initiative to start the weekend
right. <http://goo.gl/p9Xxv>



Image: Pancakes

Monday,
October 31

Celebrate Halloween and the
last day of breast cancer
awareness month today.
Wishing everyone a safe and
fun Halloween.



Image: Say Boo

Celebrate Halloween and the
last day of breast cancer
awareness month today.
Wishing everyone a safe and
fun Halloween.



Image: Say Boo

Planning for a cancer-free future.
Developed by the North Dakota Cancer Coalition.

