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**Join Anderson
Plumbing,
Heating & Air**

**Proud Supporters of
Susan G. Komen
San Diego**

andersonpha.com

ANDERSON PLUMBING, HEATING & AIR COMMITMENTS:

1. FIND A CURE FRIDAYS

For every client who books a plumbing, heating or air service appointment with us on a Friday in August, September and October, we make a donation to **Susan G. Komen San Diego**.

2. THE RACE FOR THE CURE

On Saturday, November 1 you will see the Anderson Plumbing, Heating & Air team out in Balboa Park for the race. We encourage you to enter a team of your own, or if you prefer, you can help our fundraising efforts.

Either way, get more info or donate at:
KomenSanDiego.org/Race

3. SPREAD THE WORD

First and foremost, this is a reminder for you to take care of your own health. To the right, you will find some easy tips to ensure your best chances of survival should you or any of your dear family or friends be diagnosed.

DEAR FRIENDS:

The work of **Susan G. Komen San Diego** is very important to me because my family has struggled with breast cancer for many years.

I am named after two important women in my life – my grandmother, Mary and my Aunt Jean – both of whom had breast cancer. My grandmother died in her late 60's because it was not diagnosed in time. And thankfully, my Aunt Jean is a survivor because she was diagnosed in time. My Aunt Gen is also a survivor. And there are many other friends, family members and employees who have had to face this disease.

We believe in the team at Susan G. Komen San Diego. Of every dollar raised, 75 cents stays here in San Diego. With over \$1 million invested locally each year, Komen San Diego continues to be the County's largest provider of free mammograms, free breast cancer surgery and treatments, meal delivery, child care, temporary financial aid, services research and support. The remaining 25 cents goes into a pool to help fund research grants at the National level.

Thank you for being an Anderson Plumbing, Heating & Air client.

We appreciate your business and do our very best to WOW you every day in every way.

Wishing you health and happiness ...

Mary Jean Anderson

Mary Jean Anderson

Owner/President

Anderson Plumbing, Heating & Air



1. KNOW YOUR RISK

- a. Talk to your family to learn about your family health history
- b. Talk to your doctor about your personal risk of breast cancer

2. GET SCREENED*

- a. Ask your doctor which screening tests are right for you if you are at a higher risk
- b. Have a mammogram every year starting at age 40 if you are at average risk
- c. Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. KNOW WHAT IS NORMAL FOR YOU.

See your health care provider right away if you notice any of these breast changes:

- a. Lump, hard knot or thickening
- b. Swelling, warmth, redness or darkening
- c. Change in the size or shape of the breast
- d. Dimpling or puckering of the skin
- e. Itchy, scaly sore rash on the nipple
- f. Pulling in of your nipple or other parts
- g. Nipple discharge that starts suddenly
- h. New pain in one spot that does not go away

4. MAKE HEALTHY LIFESTYLE CHOICES

- a. Maintain a healthy weight
- b. Add exercise into your routine
- c. Limit alcohol consumption

*If you can't afford a mammogram call **2-1-1 San Diego**.

