SABCA FOUNDATION
South Asian Breast Cancer Awareness

THINK PINK. FIGHT STRONG. ALL 365 DAYS.

Breast cancer awareness is not limited to October. ThinkPink365 invites families and communities to share trusted information and support informed breast health decisions.



Know the signs

A new lump, breast or skin change, nipple discharge, or another unusual symptom deserves medical evaluation.

Talk about screening

For average-risk women, USPSTF recommends mammograms every two years from ages 40–74. Your personal risk and other guidelines may change that plan.

Make awareness visible

Share this guide, encourage compassionate conversations, and ask about local screening resources.

BREAST HEALTH IS FOR EVERYONE

Breast cancer can affect people of any gender. Do not wait for a routine mammogram if you notice a concerning change.

FIND SCREENING RESOURCES

CDC National Breast and Cervical Cancer Early Detection Program: cdc.gov/breast-cervical-cancer-screening

SABCA campaign donation and mammogram assistance availability must be confirmed before publication. Educational information, not medical advice.