Our Mission
Since 2006, Tigerlily’s mission has been to: educate, empower, advocate for and support young women—before, during and after breast cancer; provide programs to young women of diverse backgrounds, including those at heightened risk, minority groups and those with less access to care; and the isolation among young adult breast cancer survivors; and improve the quality of life for young adult breast cancer survivors by creating a community of vigilant self-advocates.

Work with Tigerlily Foundation and Young Women Like You
• Get smart about your breast health and educate others.
• Regularly talk to your friends and family about breast health and advocate with us for young women’s breast wellness.
• Help us start programs in your community.
• Place our brochures in your local schools or university health centers and in the offices of your oncologist, radiologist, surgeon, general practitioner and medical team.
• Start a fundraiser to support our programs.
• Host or sponsor an event to promote breast health education or advocacy.
• Refer young women to our website and social media pages.
• Donate to Tigerlily or volunteer your time and talents.

Tigerlily Foundation educates, empowers, advocates for and supports young women—before, during and after breast cancer.

Tigerlily Foundation
Tigerlily Foundation began with a promise that founder Maimah Karmo made to herself after being diagnosed with breast cancer as a young woman while still in treatment. She vowed, if she survived, to helping young women transform their cancer diagnosis into a catalyst for finding their own life’s purpose and passion.
HOW DO I KNOW WHAT’S NORMAL AND WHAT’S NOT?
Know your body! Get in the habit of checking your breasts every month. Take note of how they feel and look. If you see or feel something “different”—no matter how small—do something. Don’t be afraid or embarrassed to schedule a doctor’s appointment right away. Pay special attention to signs like: a lump that was not there before; nipple discharge; nipple retraction; dimpling of the skin; rash around the nipple or breast pain.

I’M YOUNG AND HEALTHY. HOW CAN I BE AT RISK?
Most women who are diagnosed with breast cancer are older, but even younger women can be affected. That’s why knowing your body and family history are so important. Risk factors include:

- **Family:** You have a mother, father, aunt, sister, grandmother or other close relative diagnosed with breast or ovarian cancer.
- **Genetics:** You or someone in your family has a genetic/hereditary mutation (BRCA1, BRCA2 or other genetic mutation).
- **Ethnicity:** You are of Ashkenazi Jewish or African-American descent.
- **Health history:** You have had radiation therapy in the past; have a rash around the nipple or breast pain.

WHAT ELSE CAN I DO?
A little self-care goes a long way in keeping your body and breasts healthy. Some other actions you can take include:

- Maintain a healthy weight.
- Exercise at least 4 hours a week.
- Limit alcoholic drinks.
- Eat whole foods. Avoid high-carb, overprocessed foods that can lead to excess weight and inflammation.
- Check the ingredient labels in everything you eat or use so you can avoid known carcinogens (cancer-producing substances).
- Minimize your exposure to radiation that comes from medical and dental x-ray procedures.
- Before taking birth control pills or other hormones, check with your doctor to make sure they’re right for you.
- Don’t smoke or if you do, quit.
- Show yourself some love every day and look for ways to keep your stress levels down…and get lots of sleep.

CAN I PREVENT BREAST CANCER?
At this time there is no known way to prevent breast cancer. Regardless of age or breast size, every woman is at risk for the disease. Regular breast self-exams, doctor’s visits, mammograms and a healthy lifestyle will all enhance your well-being and reduce risk.

Visit www.tigerlilyfoundation.org to learn more about breast health with the My Lifestyle Toolkit.

Visit www.tigerlilyfoundation.org to learn more, sponsor or donate.

EDUCATION

**PETALS (Peer Education Through Awareness and Leadership)** | Program educating young women about their breast health.

**Healthcare Provider Program** | Education for healthcare providers on breast health and related issues of concern to young women so that they can better engage this population.

**Twitter Chats** | Live Twitter events focused on educating young breast cancer survivors and the community. Use hashtag #ybcsempowered.

**Pink Power Alerts** | Weekly educational text messages on preventive wellness; holistic, lifestyle, and breast health reminders; steps to lower breast cancer risk and how to live healthier.

**BREATHE (BrEast Cancer Educate Advocate Transform HEd) | Program providing survivorship tools to young women after their diagnosis, through treatment and beyond.**

**ADVOCACY**

**YWBHD (Young Women's Breast Health Day on the Hill)** | Event bringing together breast cancer warriors, healthcare providers, patient advocates, and state representatives in a forum to advocate for breast cancer issues.

**ANGEL (Advocate Now to Grow, Empower and Lead)** | Provides comprehensive advocacy training for young women under the age of 45 years old.

Visit www.tigerlilyfoundation.org to learn more, sponsor or donate.

EMPOWERMENT

**New Normal Journal** | Provides newly diagnosed young women with a survivorship journal to help them navigate breast cancer treatment and their emotional journey.

**SUPPORT**

**Have the Chat** | Educational program that encourages girls and women of all ages to chat about breast health, family history and the importance of having potentially life-saving conversations.

**MY LIFE (Metastatic Young, Living In Focus, Empowered)** | Support for young women living with metastatic breast cancer with blog posts, Twitter chats, a guidebook, podcast series, newsletters and more.

**SPIRIT (Soul Peace Inner Reality Transformed)** | Provides newly diagnosed young women with transformative spiritual resources including a 24/7 non-denominational prayer line.

**Hope Bags** | Provides support to newly diagnosed young women through various soothing gifts including hats, scarves, lotions, natural skincare products, journals, blankets and other self-care treats.

**SMOV (Send Me On Vacation)** | Through a partnership with Corporate Citizenship Charities, young women in treatment are sent on all-expense paid vacation.

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