

# Take care of yourself and your family.

Start a new tradition for your daughter, granddaughters, and nieces by getting a regular mammogram.



Call



What's  
*your*  
reason  
for a *mammogram*?

# Getting a mammogram may save your life<sup>1</sup>

- In about 85% of breast cancer cases, there is **no family history of the disease.**<sup>2</sup>
- According to the American Cancer Society, regular screening is the most reliable way to **catch breast cancer early.**<sup>3</sup>
- **99%** of women who get **diagnosed** with localized breast cancer at an early stage (when cancer is only in the breast) are **alive 5 years after** their diagnosis.<sup>4</sup>



The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.

**References:** 1. Mammography saves lives. American College of Radiology website. <https://www.aacradiation.org/Mammography-Saves-Lives>. Accessed September 21, 2021. 2. U.S. breast cancer statistics. Breastcancer.org. [https://www.breastcancer.org/symptoms/understand\\_bv/statistics](https://www.breastcancer.org/symptoms/understand_bv/statistics). Last modified February 4, 2021. Accessed June 23, 2021. 3. American Cancer Society recommendations for the early detection of breast cancer. American Cancer Society website. <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>. Last revised April 22, 2021. Accessed June 23, 2021. 4. SEER Cancer Stat Facts: Female Breast Cancer. National Cancer Institute website. Bethesda, MD. <https://seer.cancer.gov/statfacts/html/breast.html>. Accessed June 23, 2021.

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