

Take care of yourself and your family.

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



All women are at risk for breast cancer¹

The American Cancer Society recommends **women aged 45 and older** should have regular mammograms.²

- They also recommend women aged 40 to 44 should have an option to start annual mammograms. Women with a higher risk of breast cancer may need to begin screenings earlier. Recommendations from other health organizations vary.
- Talk with your doctor about what is right for you.



In about 85% of breast cancer cases, there is no **family history of the disease.**³



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. Breast cancer statistics. Susan G. Komen website. <http://ww5.komen.org/BreastCancer/Statistics.html>. Updated August 19, 2021. Accessed September 1, 2021. 2. 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. 3. U.S. breast cancer statistics. Breastcancer.org. http://www.breastcancer.org/symptoms/understand_bc/statistics. Last modified February 4, 2021. Accessed June 23, 2021.

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Call

There are many reasons to get a mammogram



3 kids, 2 grandkids.

I get a mammogram for my family.



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Getting a mammogram may save your life⁴



According to the American Cancer Society, regular screening is the most reliable way to **catch breast cancer early**.²

*I take care of myself
so I can enjoy life fully.*

*I get a
mammogram
for my future.*

- **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.⁵



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References: 4. Mammography saves lives. American College of Radiology website. <https://www.acraccreditation.org/Mammography-Saves-Lives>. Accessed September 21, 2021. 5. 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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