

# Make your breast health a priority!

Early detection saves lives.  
Schedule a mammogram today.



Call

## Breast cancer is the #1 cause of cancer death among Black women.<sup>1</sup>



- You do not have to have a family history of the disease to get breast cancer. In fact, in 85% of breast cancer cases, **there is no family history.**<sup>2</sup>
- Black women are more likely to have dense breast tissue than other women, which is associated with an increased risk for breast cancer.<sup>3-5</sup>
- The American College of Radiology notes that all women, especially Black women, should be evaluated for breast cancer risk no later than age 30, so that those at a higher risk can be identified and can benefit from screening.<sup>6</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. Giaquinto AN, Miller KD, Tossas KY, et al. Cancer statistics for African American/Black People 2022. *CA Cancer J Clin.* 2022;0:1-28. 2. U.S. breast cancer statistics. Breastcancer.org. Last revised March 10, 2022. Accessed May 24, 2022. [http://www.breastcancer.org/symptoms/understand\\_bc/statistics](http://www.breastcancer.org/symptoms/understand_bc/statistics) 3. McCarthy AM, Keller MB, Pantalone LM, et al. Racial differences in quantitative measures of area and volumetric breast density. *J Natl Cancer Inst.* 2016;108(10):djw104 doi:10.1093/jnci/djw104. 4. American Cancer Society recommendations for the early detection of breast cancer. American Cancer Society. Last revised January 14, 2022. Accessed May 24, 2022. <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html> 5. Rochman S. Study finds black women have denser breast tissue than white women. *J Natl Cancer Inst.* 2015;107(10):djv296. 6. Monticciolo D, Newell MS, Moy L, et al. Breast cancer screening in women at higher-than-average risk: recommendations from the ACR. *J Am Coll Radiol.* 2018;15(3 Pt A):408-414.

# Make your breast health a priority!

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There are many reasons to get a mammogram.

Healthy body,  
healthy mind.

Annual mammograms keep you informed about your breast health and can bring peace of mind.



For peace of mind

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

A stylized graphic of a brain in profile, colored in a vibrant pink, which forms the top curve of a large question mark.

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## Getting a mammogram may save your life.<sup>7</sup>



According to the American Cancer Society, regular screening is the most reliable way to **catch breast cancer early**.<sup>8</sup>

Early detection could be  
your best protection.

Schedule a  
mammogram today.  
It's quick and it  
may be a life saver.

- **99%** of women who get **diagnosed** with early-stage breast cancer (when cancer is only in the breast) are alive **5 years after** their diagnosis.<sup>9,10</sup>



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**References:** **7.** Mammography saves lives. American College of Radiology. Accessed May 24, 2022. <https://www.acraccreditation.org/Mammography-Saves-Lives>  
**8.** American Cancer Society recommendations for the early detection of breast cancer. American Cancer Society. Last revised January 14, 2022. Accessed May 24, 2022. <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>  
**9.** American Cancer Society. *Cancer Facts & Figures 2022*. Atlanta; American Cancer Society; 2022. Accessed May 24, 2022. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2022/2022-cancer-facts-and-figures.pdf>  
**10.** SEER. Cancer Stat Facts: Female breast cancer. National Cancer Institute. Accessed May 24, 2022. <https://seer.cancer.gov/statfacts/html/breast.html>

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