



You Have the Power to Fight Breast Cancer

What's the most important thing you can do to help fight breast cancer? Take control of your own health.

Early Detection is Key

Catching any disease early gives you the most options for treatment and a better chance for living a longer, healthier life.

These simple screenings can help detect breast cancer early:

- Monthly breast self-exams for all women starting in their 20s.
- Clinical breast exams, from a doctor or nurse, for women in their 20s and 30s.
- Yearly mammograms for women age 40 and older.

You Have the Power

You can't prevent breast cancer, but you have the power to take charge of your health. Be sure you get the right screenings to detect breast cancer early – talk to your doctor today.



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