BREAST CANCER SCREENING
A simple screening is the first step to staying cancer-free.

Schedule a mammogram at least every other year for early detection and prevention of breast cancer.

Take Care of Yourselves
Women have the tendency to take care of everyone but themselves. It is important that you take charge of your breast health and get a mammogram at least every two years if you are 50 or older.

Do It For Your Health.
Getting a mammogram can help your doctor detect any changes in your breasts early and increase your chances of preventing breast cancer. Your doctor will do clinical breast exams at your yearly appointments, but if you are 50 or older, you will also need a mammogram.

Find Cancer When It’s Most Treatable.
Mammograms are important because they aid in early detection and prevention of breast cancer. According to the Susan G. Komen Foundation the five-year survival rate of early-stage breast cancer is 99 percent.
How Often Should I Be Screened?
The frequency that you will need a breast screening varies based on family history and other health factors. The U.S. Preventive Services Task Force recommends that all women ages 50 and older have a mammogram at least every two years.
This information is not intended as a replacement for medical advice. Please speak with your doctor before making changes to your current lifestyle.