

Three Steps that could Save Your Life!

1

Have a mammogram today.

*Follow the American Cancer Society
Mammography guidelines in this
brochure.*

2

Get in the habit of doing a breast self-exam the last day of your menstrual cycle or the first day of the month if you do not have a cycle.

3

Have an annual physical or gynecological exam: a breast exam is performed then.

**Please remember,
you must do all three, and
please remember to pass
this information on to a
loved one.**

Answers

- 1. FALSE.** Every woman is at risk for breast cancer. A woman's age determines her risk and your risk increases with age. That is why early detection is your best protection. You have a 92% chance of survival as long as breast cancer is detected early.

One of the best things you can do today to lower your risk is to have a mammogram. Mammography is a low-dose x-ray. It is the most effective way to detect breast lumps too small to be felt and it does not hurt.
- 2. FALSE.** A mammogram can find a lump less than a centimeter in size – up to two years before you or your doctor can feel it by a physical examination. You still need to make sure you perform your own monthly breast exam along with having a mammogram – one is not a substitute for the other. The American Cancer Society recommends the mammography guidelines listed to the left based on your age.
- 3. TRUE.** Most health plans cover the cost of a mammogram.
- 4. FALSE.** Most breast lumps (80%) are not cancerous, but only a physician can make that diagnosis. Discuss all changes in your breasts with your physician or health care provider.
- 5. FALSE.** Breast cancer has been on the rise since 1982. It is the second most common type of cancer in women and is the leading cause of death among women ages 40 – 55. Even though mammograms are the best detectors of breast cancer, only 40% of women receive them.
- 6. D. YOU MUST DO ALL THREE:** a mammogram, a monthly self breast exam, and an annual breast exam from your physician or health care provider to insure your breast health.