

BREAST CANCER SCREENING

TAKE CHARGE OF YOUR HEALTH



UNDERSTANDING BREAST CANCER



WHAT IS BREAST CANCER?

- Breast cancer is a type of cancer that can affect one or both breasts in both women and men
- Breast cancer is most commonly found in women in the United States and affects 30% (or 1 in 3) of all new female cancers each year



RECOMMENDED SCREENING GUIDELINES

- Ages 50 - 74: Every two years
- Younger age group - Consult with your Primary Care Physician (PCP) if you have a history of family breast cancer



WHY SCREENING IS IMPORTANT

- Early detection leads to better treatment outcomes
- Screening tests can help find early stage symptoms to decrease disease-related mortality



TYPES OF SCREENINGS

- A Breast self-exam (BSE) can help you detect breast changes to discuss with your Primary Care Physician (PCP)
- A Clinical breast exam (CBE) can be scheduled with your PCP for any possible concerns



MAMMOGRAM

- A mammogram is an X-ray that captures images that are displayed on a computer screen and are examined for any signs of cancer

WE CARE ABOUT
YOUR HEALTH



*Contact your PCP to discuss the recommended screening guidelines

*For more information:
<https://www.cancer.org/cancer/types/breast-cancer.html>