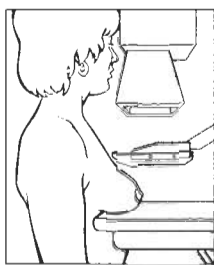


Three Steps to Finding Breast Cancer Early

Step 1 Mammograms

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

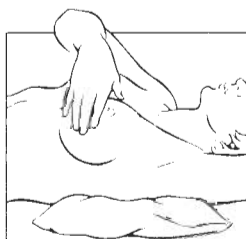


Step 2 Clinical Breast Exam

Clinical breast exams by your doctor or nurse should be part of a periodic health exam, about every three years for women in their 20s and 30s, and every year for women 40 and older.

Step 3 Breast Self Awareness

Women should know how their breasts normally feel and report any breast change promptly to their doctor or nurse. Breast self-exam is an option for women starting in their 20s.



Women at Increased Risk

Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammograms earlier or having additional tests such as breast ultrasound and MRI.



1.800.ACS.2345
www.cancer.org

Hope. Progress. Answers.™

Five Things to Tell Your Friends About Breast Cancer

1 All women can get breast cancer – even those who have no family history of the disease.

2 The two most important factors for breast cancer are being a woman and growing older.

3 Women diagnosed with early breast cancer, when the cancer is small and has not spread, have a high chance of surviving it. Mammograms are the best way to find breast cancer early. Get one every year starting at age 40. If you notice any breast changes, tell your doctor without delay.

4 You can help reduce your chances of developing breast cancer by engaging in regular physical activity, maintaining a healthy weight, and limiting alcohol intake.

5 Through early detection and improved treatments, more women than ever are surviving breast cancer.



Tell your friends, your family – any women you care about. You could save a life.

How the American Cancer Society Fights Breast Cancer



- Unraveling the mystery of cancer through groundbreaking research
- Saving lives by encouraging early cancer detection

Helping women make informed personal health decisions based on the latest information

Supporting patients and survivors, family members, and friends with a variety of programs and community services

Advocating with lawmakers to increase government funding for research and access to screening and care for all women



For more information on breast cancer risk and early detection contact the American Cancer Society 24 hours a day, seven days a week at 1-800-ACS-2345 or www.cancer.org.