

**THIS IS YOUR SIGN.
SCHEDULE YOUR
MAMMOGRAM.**

- Breast cancer is the most diagnosed cancer in women after skin cancer and the leading cause of cancer death among women in most countries around the world.
- Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms—which is why regular breast cancer screening is so important!
- For most women, the best way to detect breast cancer early is a mammogram—an X-ray of the breast. The USPSTF recommends every-other-year screening mammography for women aged 50 to 74 years. Along with their doctor, some women may decide to begin screening as early as age 40.
- Having a mammogram is uncomfortable for most women, but the discomfort is short-lived and may save your life!
- Check your healthcare coverage and talk with your healthcare provider about whether a mammogram is right for you.