

Take charge of breast health

Reminders for women

Good news for you

Breast cancer death rates are on the decline, thanks largely to increased use of mammograms and greater awareness. That's great news – and together we can keep those rates falling.

Here are three important reminders from Providence Health Plans:

1. Get your mammogram:

- Screenings often can find tumors before they're large enough for you to feel.
- Recommended every one to two years for women 40 and older.

2. Get a clinical breast exam:

- Your provider manually checks for lumps or changes in your breasts.
- Recommended every three years for women in their 20s and 30s.
- Recommended every year for women 40 and older.

3. Do self exams:

- Examine your breasts every month for lumps or other changes.

Learn more on the
Health Balancesm pages
of our Web site



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