



I want
to be sure I'm
cancer-free.
I'm ready now.

Worried about breast cancer? Get a mammogram.

**Detected early, breast cancer is
one of the most treatable cancers.**

A screening mammogram is an X-ray of the breast that can detect breast cancer before there are any signs or symptoms. The earlier breast cancer is detected, the better your chances are for successful treatment.

Providence Health Plan recommends:

- Screening mammograms every one to two years for women ages 40 and over.
- Monthly breast self-exams for women ages 20 and over.
- Clinical breast exam by your doctor approximately every one to two years for women ages 20 and over.

Talk with your doctor to decide how often is best for you.

What you should know about screening mammograms:

- They only take about 20 minutes.
- Mammography equipment is safe and radiation exposure is low.
- Mammograms can find cancers that are too small to be found during other checks.

On the day of your mammogram do not wear deodorant, lotion, perfume, jewelry or powder, because they can interfere with the results.

To learn more about breast cancer and mammograms, visit www.providence.org/php/mammogram.



- Screening mammograms are the best method of early detection.
- Survival rates are higher when breast cancer is found earlier.
- Eating healthy and exercising may help reduce your risk of breast cancer.