

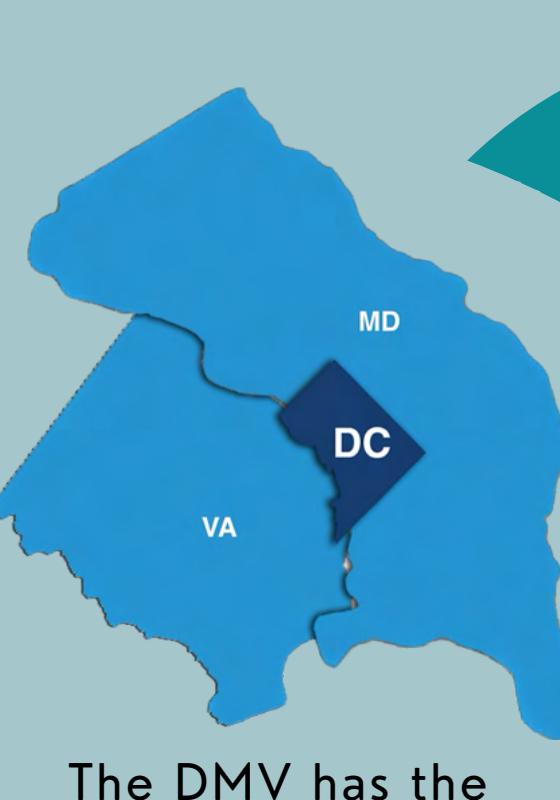


## "I didn't know about breast cancer or mammograms until I was 40."

– GRAMMY-award winning artist, Mary J. Blige

### Screen Early for Breast Cancer

Don't ignore Breast Cancer because you think you're "too young" to get it. Screen early to catch Breast Cancer so you can live a long, healthy life.



### Breast Cancer in Black Women in the DMV

Many factors make it critical to screen before the general guideline of age 50.

42%



The DMV has the highest Breast Cancer death rate in the nation

Of black women diagnosed with Breast Cancer will die from it

Black women are most likely to have triple negative Breast Cancer (TNBC), the most aggressive cancer type.



### Myth v. Truth

**MYTH:**  
**OW!** It's gonna hurt

Screening mammograms are 15 mins and apply little to no pressure

**TRUTH:**  
**The earlier you know, the better your outcomes**

There's a 99% survival rate when caught early (stage 0 & 1)

### Mammogram Tips

1. Opt in for a clinical breast exam at your next physical
2. Talk to your doctor about your personal Breast Cancer risk
3. If doctor recommended, schedule a free to low-cost screening mammogram

Call your health department to determine your eligibility for **FREE** or low-cost mammograms **TODAY**

DC: (202) 442-5900  
MD: (410) 767-6787  
VA: (866) 395-4968

Visit for more information: [bit.ly/CDC-MAM](http://bit.ly/CDC-MAM) & [aawellnessproject.org](http://aawellnessproject.org)