

Early detection matters. Are you up to date on your screenings?



Breast cancer screening is recommended for women ages 45–74

Early and regular screenings can save lives. While breast cancer is the second leading cause of cancer death for women in the United States, advancements in and increased use of cancer screening tests have contributed to decreasing breast cancer death rates since 1989.

3 things to know about getting a mammogram

- Most routine, preventive screenings are covered by your health insurance plan
- X-ray images are usually completed easily in about 15 minutes
- Early detection can often lead to better outcomes

If you're a woman between the ages of 45 and 54, get your annual mammogram! If 55+, you may be able to switch to every other year. Talk to your doctor about what's right for you.

Have a loved one in this age range? Share the importance of these simple but potentially lifesaving X-rays.

How to ensure your screenings happen, and at the right time

- Talk with your Primary Care Provider (PCP) about important screenings
- Don't have a PCP? Visit your health plan's website to find one convenient to your home or workplace

Source: <https://www.cancer.org/cancer/types/breast-cancer/about/how-common-is-breast-cancer.html>