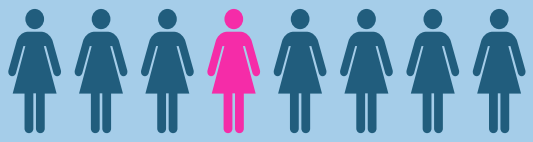
UNC HEALTH
Nash

Breast Cancer Awareness Month



Early detection saves lives.

Take charge of your health through regular screenings, breast self-awareness, and preventive care.



1 in 8 Women will be diagnosed with breast cancer in their lifetime.

Take the next steps for your **breast health** – call your Primary Care Provider today to schedule an appointment or ask questions.

Why It Matters

EARLY DETECTION
Regular screenings find cancer early, before symptoms appear.

TREATABLE
When found early, treatment is less aggressive, with a higher chance of successful recovery.

PEACE OF MIND
Helps individuals stay informed about their breast health and take proactive steps toward their well-being.

Who Should Be Screened

WOMEN AGES 40 AND OLDER
Annual or biennial mammograms are recommended.

WOMEN WITH A FAMILY HISTORY
Women with an immediate family history of breast cancer may need to start screening earlier.

ANYONE WITH CONCERNS
Talk with your provider about any breast changes or concerns.

Screening recommendations may vary based on age, risk factors, and personal medical history.

Talk with your healthcare provider about the screening schedule that is right for you.