



Finding breast cancer early can help save your life.

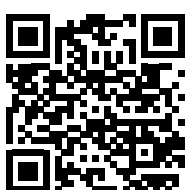
The best way to find cancer early is by being screened before you have any symptoms or find changes in your breasts.

Women at average risk should get regular mammograms. Mammograms are x-rays of the breasts.

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- **Women ages 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or they can choose to continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 or more years.
- **All women** should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.
- **Some women are at higher risk for breast cancer.** They should be screened with MRIs along with mammograms.

Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

It also helps to know how your breasts normally look and feel. Tell your health care team about any changes right away.



Visit us online at cancer.org/breastcancer or call **1-800-227-2345** to learn more about breast cancer and screening. We're here when you need us.



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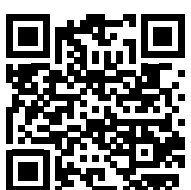
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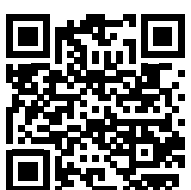
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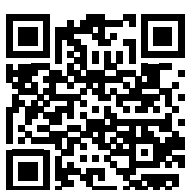
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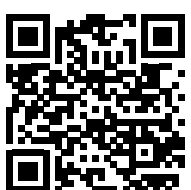
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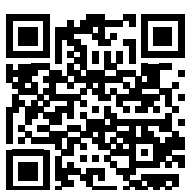
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