

Finding breast cancer early can save your life.



Here's
What
You
Can
Do

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The American Cancer Society recommends the following guidelines for finding breast cancer early:

- Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.
- Women in their 20s and 30s should have a clinical breast exam (CBE) by a health professional every three years. After age 40, women should have CBE every year.
- Women should know how their breasts normally feel and report any breast changes promptly to their health care provider. Breast self-examination (BSE) is an option for women starting in their 20s.

For answers to your questions about breast cancer, call the American Cancer Society at 1.800.227.2345 or visit www.cancer.org.



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www.cancer.org

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