

I chose to  
schedule my  
mammogram  
because...

missing her  
childhood was  
not an option.



The best protection is  
early detection.

Did you know that **one woman will die of breast cancer every 13 minutes** in the United States?

When found early, breast cancer survival is increasingly high.

In celebration of Breast Cancer Awareness Month, all eligible TakeCare members (women ages 40 and above) who complete a breast screening mammogram at the FHP Health Center between **Sept. 1 - Oct. 31, 2016** will receive a **FREE gift**.



To make an appointment or for more info, please call FHP Health Center at 646-5825 ext. 8502 or 8253. No referrals needed.

BREAST CANCER AWARENESS



#### Facts about Screening Mammography

- The National Cancer Institute recommends that women age 40 or older have screening mammograms every 1 to 2 years.
- Studies show that screening mammography can help reduce the number of deaths from breast cancer among women ages 40 to 74, especially for those over age 50.
- Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread.
- Getting a high-quality screening mammogram and having a clinical breast exam (an exam done by a health care provider) on a regular basis are the most effective ways to detect breast cancer early.

#### Facts about Breast Cancer:

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- About 80-90% of breast cancers in women without symptoms in the U.S. will be detected by mammography.



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