



# Take control of your health: Get tested for breast cancer.

Getting a yearly mammogram is one of the most important actions a woman can take to find breast cancer early when the disease is most treatable.

## The American Cancer Society recommends the following for finding breast cancer early in women without symptoms:

- **Mammogram:** Women age 40 and older should have a mammogram every year and should keep on doing so for as long as they are in good health.
- **Breast exam:** Women in their 20s and 30s should have a breast exam as part of a regular exam by a doctor or nurse, at least every three years. After age 40, women should have a breast exam by a doctor or nurse every year.
- **Be familiar with your breasts:** And report any breast changes to your doctor without delay. Breast self-exam (BSE) is one way to be familiar with your breasts and find changes.



To learn more about breast cancer, visit the American Cancer Society's Web site at [cancer.org](http://cancer.org) or call us at **1-800-227-2345**. We want to help you stay well.

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