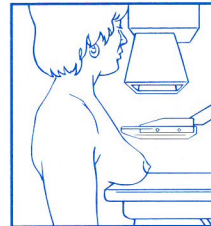




The American Cancer Society Guidelines for the Early Detection of **Breast Cancer**

Finding breast cancer early is the key to successful treatment. The **American Cancer Society** recommends every woman follow this 3-step program to help protect herself.



Mammography

- Annual mammograms are the best way to find breast cancer early.
- Have a mammogram every year if you are age 40 or older.
- If you have a history of breast cancer in your family, discuss a personal mammography screening schedule with your health care provider.



Clinical Breast Examination

- After age 40, have a clinical breast exam by your health care provider every year.
- Between ages 20 and 39, have a clinical breast exam by your health care provider at least every three years.



Breast Self-Examination

- Ask your health care provider to teach you the proper way to do a thorough breast self-exam.
- Beginning at age 20, examine your own breasts monthly.
- If you find any lumps, thickenings, or changes, tell your doctor right away. Most breast lumps are not cancer, but you don't know if you don't ask.

For more information about breast cancer, or if you are concerned about breast cancer and would like to talk to a breast cancer survivor, call toll free anytime **1.800.ACS.2345** or visit www.cancer.org.