



Take Care of Yourself

Breast cancer can be detected early - and early detection improves the chances for successful treatment.

Discipline yourself to do a self-examination routinely!

The best time to examine your breasts is a few days after your period when your breasts are less apt to be tender or swollen.

Ages 20-39...

- Have a clinical breast exam by your health care provider at least every three years.
- Do a breast self-exam every month.

Age 40 and over...

- Have a mammogram every year.
- Have a clinical breast exam by your health care provider at least every year.
- Do a breast self-exam every month.