

# MAMMOGRAMS SAVE LIVES.

*Don't forget to  
schedule yours!*



**1 IN 8**  
women will  
be diagnosed<sup>1</sup>

**3.5M+**  
survivors<sup>2</sup>

**1 IN 38**  
women will die  
from breast cancer<sup>2</sup>

## *Early prevention is your best protection*

**85%** of breast cancers  
can be detected  
by mammograms<sup>3</sup>

 Mammograms lower  
the risk of dying  
from the disease

 On average, most  
exams take 30  
minutes or less

## *How often should you get screened?*

**For women of average risk:**

**Ages 40-44:** Recommended start for mammograms if you have a family history

**Ages 45-54:** 1 mammogram each year

**Ages 55+:** 1 mammogram every 2 years or stay with annual screening<sup>4</sup>



1. breastcancer.org. U.S. Breast Cancer Statistics. Last reviewed June 25, 2020. 2. American Cancer Society. How Common is Breast Cancer? Last Revised: January 8, 2020. 3. Centers for Disease Control and Prevention. What is Breast Cancer Screening? Content reviewed September 11, 2018. 4. American Cancer Society. American Cancer Society Guidelines for the Early Detection of Cancer. Last revised July 30, 2020.

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