

MAMMOGRAMS SAVE LIVES.

*Don't forget to
schedule yours!*



1 IN 8

women will
be diagnosed¹

3.8M+

survivors²

1 IN 39

women will die
from breast cancer²

Early prevention is your best protection

80%

of breast cancers
can be detected
by mammograms³



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 if you have a family history

Ages 45-54: 1 mammogram each year

Ages 55+: 1 mammogram every 2 years or stay with annual screening⁴



1. BreastCancer.org. U.S. Breast Cancer Statistics. Last revised February 2021. 2. American Cancer Society. How Common is Breast Cancer? Last revised May 2021. 3. American Cancer Society. Limitations of Mammograms. Last revised October 2019. 4. American Cancer Society. American Cancer Society Guidelines for the Early Detection of Cancer. Last revised August 2021. BHP-MM-101921

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