

Steps to a healthier YOU!

Let's get started



Call your doctor to make an appointment.

An annual health check-up includes: Mammogram, Pelvic Exam, and Pap Smear.



Day of the Mammogram Appointment:

- No deodorant, perfumes, or lotions.
- Wear a two piece outfit. Exams require removing your shirt and bra.



1. A mammogram is an x-ray picture of the breast and requires a referral from your doctor.
2. Know your body. The risk for breast cancer increases after the age of 50.
3. 7 out of 10 women in their 40s who died from breast cancer did not have a routine mammogram screening.*

*Source: NIH National Cancer Institute



During the Exam:

- You might feel slight discomfort.
- The machine will press down on your breast for a few seconds.
- The exam is about 20 minutes long.



After the Exam:

- You will receive a call from your doctor to go over the results.
- Ask the doctors or nurses to explain anything you don't understand.

Good job on taking care of YOURSELF!

Getting called back after a mammogram is common and doesn't mean you have breast cancer.

Fewer than 1 in 10 women called back for more tests are found to have cancer.

