

# Did you know...

Breast cancer is the second most common cancer among women in the United States. Each year, about 240,000 cases are diagnosed.

Breast cancer screenings check a woman's breast for cancer before there are signs or symptoms of disease. **Although breast cancer screening cannot prevent breast cancer, it can help find it early, when it is easier to treat.**



Scan the QR code to watch an informative video on breast cancer awareness.

# You can take action to lower your risk...

By making an effort to stay healthy throughout your life, you can help lower your risk of developing cancer and improve your chances of survival if it occurs. **Here are some tips that can help:**



**Exercise regularly**



**Stop using tobacco products**



**Eat a healthy and balanced diet**



**Reduce alcohol intake**

## Have you had your mammogram this year?

Women who are 50-74 years old with an average risk for breast cancer should get a mammogram.

Talk to your provider today and schedule your complete breast or well woman exam.