

Are you a Montgomery County resident?

Are you at least 40 years old?

Has it been at least 12 months since your last screening mammogram?

Are you uninsured and in need of assistance to get a screening mammogram?

Call FirstHealth of the Carolinas at (888) 534-5333

(choose **Option 2**) to learn more about the Komen Screenings program.



www.komencharlotte.org



www.firsthealth.org

FirstHealth
OF THE CAROLINAS

Breast Cancer is the number one cancer diagnosed and the second leading cause of cancer deaths in women. A woman has a one in eight chance of developing breast cancer sometime during her life. When breast cancer is found and treated early, the five-year survival rate is 98%.

Risk factors may increase your chances of developing breast cancer. Having a risk factor does not mean that you will get breast cancer, however.

Know your risk

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer

Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every three years starting at age 20, and every year starting at age 40

Know what is normal for you - See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit postmenopausal hormone use
- Breastfeed, if you can

For more information, visit www.nccancer.org