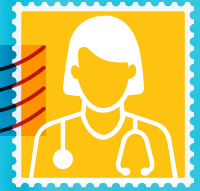


# DETECT BREAST CANCER



BlueResource<sup>SM</sup> – Protecting Your Health – Screening for Breast Cancer

## Learn How to Find Breast Cancer Early

Every two minutes, a woman in the United States learns she has breast cancer. Here's the good news: When a woman finds breast cancer early, her five-year survival rate is 99%. Take these steps to help protect yourself.

**Do a self-exam.** Know how your breasts normally look and feel. Check them once a month and talk with your doctor if you notice any changes.

**Visit your doctor each year.** Ask for a breast exam as part of your annual checkup. Discuss other breast screenings you may need based on your age, risk factors and health history.

**Make mammograms a must.** Talk with your doctor when you turn 40 to see when and how often you should have breast X-rays. Follow recommended screening guidelines.

**Focus on healthy living.** Watch your weight and stay active. Eat fresh fruits and vegetables. Give up tobacco and limit alcohol.



## GET SCREENED FOR BREAST CANCER

Sources: *About Breast Cancer: Early Detection.* National Breast Cancer Foundation. 2019.  
*What Is Breast Cancer Screening?* Centers for Disease Control and Prevention. 2018.

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