

HEALTH TIPS

Breast Cancer Screening

Screening that helps find and treat cancer early. About 1 in 8 people with breasts will develop breast cancer over their lifetime.



Screenings

It is recommended that people with breasts 50-74 years old have a mammogram (x-ray of the breast) every other year. If someone is under 50 or at risk, it's important that they talk to their doctor. Risk factors include,

- Having a personal or family history
- Having very dense breast tissue

Mammograms may need to start at an earlier age and/or be done more often when there are risk factors.

To learn more visit, cdc.gov/breast-cancer/risk-factors or bit.ly/3SEEUYS.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Preparing for a Mammogram

The appointment will take about 10-15 minutes. A trained health provider and the patient will be the only ones in the exam room. The patient will need to undress from the waist up, so it is a good idea to wear a shirt that can be taken off easily. They will give a robe.

There is no co-pay or cost for a yearly mammogram.

Learn more about what to expect at a mammogram and to see common asked questions visit, knowyourgirls.org/resources/mammogram-faqs.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.