Are you 40 or above? Mammography could save your life.

#1

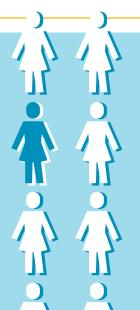
breast cancer is the most common cancer in U.S. women (and the 2nd leading cause of cancer death)¹

1in8

one in eight women will develop breast cancer in their lifetime²

98%

survival is better than 98% for women whose cancer is found early³



40%

yearly mammograms can reduce the risk of dying of breast cancer by 40%

40

Women can begin screening mammograms at age 40 or earlier for high risk⁵

1 in 6

one in six breast cancers occurs in women in their 40s⁶

Risk factors

Age

Risk goes up the older you get

Ethnicity

Breast cancer is the leading cause of cancer death in Hispanic women, and more common in African American women under age 45

▼ Genetics

5-10% of breast cancer cases are hereditary, resulting directly from gene defects

Family history

First-degree relationships (mother, sister, daughter) with breast cancer doubles your risk, but 75% of women diagnosed have no family history

Weight

Overweight or obese women have a higher risk

Dense breasts

Women with dense tissue in their breasts are 1.4x more likely to develop cancer



Mammograms are x-ray tests which utilize low-dose radiation. They are the best available screening test for breast cancer, but have limits. In some cases, they may show false-negative or false-positive results. Approximately 10% of patients are called back for additional testing. Less than 1.5% of patients require a biopsy.⁷

To schedule, visit **BSWHealth.com/BreastImaging**and click "Schedule Mammogram"

Sources:

- 1 Centers for Disease Control and Prevention
- 2-3 American Cancer Society
- 4 Monticciolo et al. J Am Coll Radiol 2017;14(9):1137-1143
- 5-6 American Cancer Society
- 7 American College of Radiology National Mammography Database

