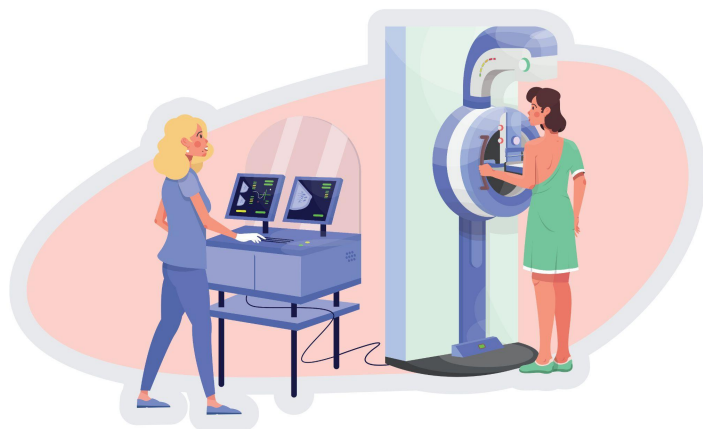


# Breast Cancer Screening

*Learn how to protect yourself.*

Breast cancer makes up about **30% (1 in 3)** of all new cancers diagnosed in people assigned female at birth each year.



## What is breast cancer?

It is a disease when the cells in the breast or chest grow out of control.

Early detection of breast cancer can increase your chances of remission and the return to a healthy life. Learn about your screening options today.

There is a **1 in 8** chance that a person assigned female at birth will develop breast cancer in her lifetime.

## Know your risk factors – and get screened!

What can I do to detect breast cancer early?	Mammogram
	An x-ray of the chest tissue that providers use to look for early signs of breast cancer (takes about 15 minutes)
Does it hurt?	Discomfort during the test varies and only lasts a few seconds
Who should have this done?	Recommendations are that people who are at an average risk and are <b>50 -74 years old</b> get one every 2 years
What if I have a parent, sibling or child with breast cancer?	You may be at a higher risk for breast cancer and should discuss with your provider the benefits of beginning screening earlier in your 40s

Reach out to your Care Team today to take the first steps toward your screening.