

**We have to take  
care of ourselves  
before we can take  
care of others.**

—HELEN, BREAST CANCER SURVIVOR

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.



**BREAST CANCER SCREENING**  **THE RIGHT TO KNOW**

For more information,  
visit [www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow)  
or call 1-800-CDC-INFO (232-4636) 1-888-232-6348 (TTY)



**Centers for Disease  
Control and Prevention**  
National Center on Birth Defects  
and Developmental Disabilities