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 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