

## Why should you get a mammogram?

Early detection of breast cancer saves lives!

# 1

Leading cause of cancer in the U.S. 1



5-year survival rate if found early <sup>2</sup>



5-year survival rate if found late <sup>2</sup>

The United States
Preventive Services Task
Force recommends
patients of average risk
start screening at

50 Years Old

Patients with a family
history of breast cancer or
personal risk factors
should start screening
earlier

Older age

**Poor nutrition** 

Smoking

**Alcohol consumption** 

Early menstruation

Late menopause

## Risk Factors<sup>3</sup>

85% of patients
with breast cancer
DO NOT have a family history!

Dense breast tissue

Lack of exercise

Genetics

Family history

Obesity

**History of radiation** 

## References:

- 1. National Cancer Institute SEER Program: https://seer.cancer.gov/statfacts/html/common)
- 2. National Breast Cancer Foundation: Breast Cancer Facts & Stats (https://www.nationalbreastcancer.org/breast-cancer-facts)
- 3. National Breast Cancer Foundation: https://www.nationalbreastcancer.org/breast-cancer-risk-factors/





