



Take Charge of Your Breast Health

According to American Cancer Society, breast cancer is the most common type of cancer in women, other than skin cancers. About 1 in 8 women in the United States will be diagnosed with breast cancer.

THE GOOD NEWS: Regular screening mammograms can detect breast cancer at an early stage, often before symptoms develop.

THE GUIDELINES: Women aged 45 to 54 at average risk for breast cancer should get mammograms every year. Women 55 and older can get mammograms every 2 years or may choose to continue yearly mammograms. Depending on your family history and other risk factors, your provider may recommend screening as early as 40.

Contact your primary care provider to schedule your mammogram!



Memorial Health Network is a physician-led organization created to manage and operate a clinically integrated provider network in collaboration with Memorial Healthcare System. Broward Guardian is a Medicare accountable care organization (ACO), operating under Memorial Healthcare System and providing enhanced coordinated care to the South Florida community.