



# Take Charge of Your Breast Health with Regular Screenings



According to the 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 40 to 74 at average risk for breast cancer should get mammograms every 2 years. Depending on your family history and other risk factors, your provider may recommend annual mammograms.



**Get screened! Contact your primary care provider to schedule a 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.