

What You Need to Know About Breast Cancer Screening



- **Breast cancer is the second leading cause of cancer deaths among women in the United States.**
- **Taking care of your health means having regular screenings, even if you don't feel sick or have any pain.**

Know when it's time to start breast cancer screening

At age 40, talk to your health care provider about when you should start having mammograms.



At ages 50-74, consider a mammogram every 2 years.

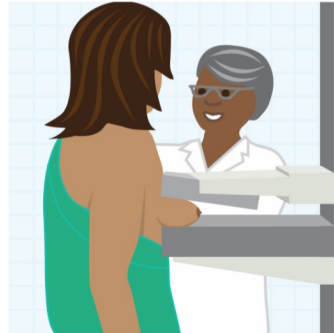
2 ways to screen for breast cancer:

Clinical Breast Exam



A clinical breast exam is an exam by your doctor or nurse, who uses his or her hands to feel for lumps or other changes.

Mammogram



A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

No insurance? You may be eligible for a FREE health exam and screening if you:

- ✓ don't qualify for Apple Health or Medicare
- ✓ are age 40 to 64, or before 40 if there is a family history
- ✓ don't have health insurance
- ✓ have a low income
- ✓ have a high deductible for follow-up tests
- ✓ live in King, Kitsap, Clallam, and Jefferson Counties

Get Screened for Breast Cancer

Find out if you're eligible for a free screening by calling the Community Health Access Program (CHAP) at



1-800-756-5437

