

October is National Breast Cancer Awareness Month!

Three things you can do to help find breast lumps early:

1. **Have regular mammograms usually every 1-2 years starting around age 40.**


Mammograms are the most effective way to find breast cancer early - up to two years before the lump is even large enough to feel. Mammograms can be uncomfortable but the entire process only takes about 20 minutes.


2. **Have your doctor check your breasts.**


Your doctor should check your breasts every 1-2 years beginning when you are 20 years old.

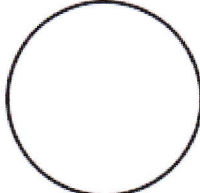
3. **Check your breasts yourself every month.**

Check your own breast every month beginning at the age of 20. Check around the same time every month - a few days after your period ends.

 Average-size lump found by a mammogram

 Average-size lump found by a doctor's examination

 Average-size lump found by a woman who examines her breasts each month

 Average-size lump found by a woman who doesn't examine her breasts each month

Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment easier and more effective.