

We have to take care of ourselves before we can take care of others.

—HELEN, BREAST CANCER SURVIVOR

Helen, a two-time cancer survivor, wants to be an inspiration to others. Despite her chronic rheumatoid arthritis, she leads a full and active life. Helen credits screening and early detection with still being alive today, and reminds us to take care of ourselves first if we want to be there for our loved ones.

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.



**BREAST CANCER SCREENING**

**THE RIGHT TO KNOW**



**Centers for Disease  
Control and Prevention**  
National Center on Birth Defects  
and Developmental Disabilities

For more information, visit  
[www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow)  
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**1-888-232-6348** (TTY)