

It's TIME...



If you postponed your mammogram due to the COVID-19 pandemic, it just may be **TIME** for you to reschedule!



If you are one of the more than **1/3 of adults** in the United States who failed to receive recommended cancer screenings during the pandemic, it's **TIME!**

Data Source: American Cancer Society and National Comprehensive Cancer Network



It is safe to get cancer screening tests.

Health care facilities that provide cancer screening tests have precautions in place to be sure that screening tests are done as safely as possible.



Take care of your health.

Regular visits to your primary care provider are necessary as part of your health care routine. If you notice any changes in your breasts that concern you, contact your healthcare provider immediately.

Who should get screened?

Mammography is the most effective screening tool used today to find breast cancer in most women. The benefits of mammography vary by age.



Women ages 40-44 should talk with their health care provider and together decide when to start getting mammograms.



Women ages 45-54 should receive annual mammograms.



Women 55 and older can switch to mammograms every two years, or can continue yearly screening. Women should consult with their healthcare professional to decide how long they should continue screening.

Is it **TIME** to schedule your mammogram?

Plain and simple...it could save your life