



Early Detection is Key!

The earlier breast cancer is detected, the easier it is to treat.

One in eight women will be diagnosed with breast cancer in their lifetime. Screenings help find cancer early, before you have any signs or symptoms.

[riversideonline.com/breastcancer](https://www.riversideonline.com/breastcancer)

**SCHEDULE YOUR
MAMMOGRAM
TODAY!**



 **Riverside
Health**
Cancer Care Network

Knowing the three components of early detection may save your life or the life of those you love.

Clinical Breast Exam

At age 25, have a clinical breast exam performed by your health care provider every three years, then yearly beginning age 40.

Mammograms

Begin annual screening mammograms at age 40; earlier if you are at high risk due to personal or family history. Tomosynthesis, otherwise known as a 3D mammogram, is encouraged.

Breast Self-Awareness

You know what is normal for your breasts. A change does not always indicate breast cancer. Still, be alert for the following:

- A lump in the breast or under the arm
- Skin changes, including a dimple, redness, or thickening
- Change in breast shape or size
- Nipple discharge
- Scaling or redness of the nipple and/or areola
- Nipple retraction or deviation
- New breast pain

If you notice any of these signs or something that doesn't look or feel quite right, notify your health care provider immediately.

If you are uninsured, unable to qualify for Medicaid or Medicare and unable to afford your annual screening mammogram, please contact our Cancer Outreach Office for assistance at 1-800-520-7006. Riverside is able to offer screening mammograms and cervical cancer screenings at no cost to eligible women through the grant support of the Every Woman's Life program.