PUT YOURSELF FIRST— SCHEDULE YOUR MAMMOGRAM

A mammogram is an X-ray picture of the breast. This quick procedure is the best way to detect breast cancer, which can start in one or both breasts, or the armpits and sides of the breast.

A MAMMOGRAM ...

- **Catches cancer early so it can be successfully treated**
- **Takes about 15 minutes**
- **Is covered by insurance**

SCREENING GUIDELINES

Ask your doctor if you are at average or high risk for breast cancer.

AVERAGE RISK	HIGH RISK
Get a mammogram every year starting at age 40.	Talk to your doctor about when to start.

KNOW YOUR RISK FACTORS
Age (risk goes up as you age)
Alcohol use
Being overweight
Family history (those with close relatives who've been diagnosed with breast cancer have a higher risk of developing it)
Not enough exercise
Race (Hispanic and African American women are at greater risk)

Scan to read advice from a mammography technologist.

Schedule a mammogram today.

For a Manhattan location, call **(212) 434-2900**.

For a Queens or Long Island location, call **(855) 377-3456**.

Uninsured or worried about medical bills?

Call **(718) 470-4165** to see if you are eligible for no cost screenings under the Cancer Services Program.

Call **(800) 995-5727** if you are worried about hospital bills and want to apply for financial assistance.

Northwell Health®
Cancer Institute

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