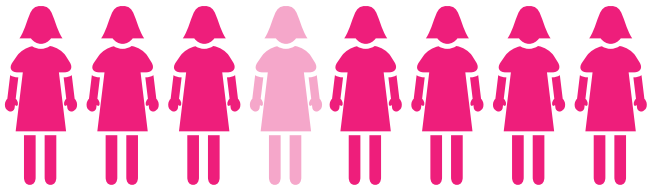


Schedule your mammogram today!

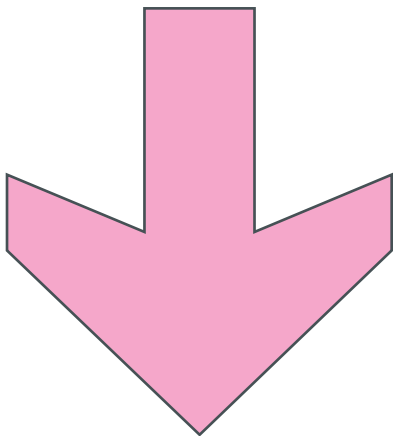
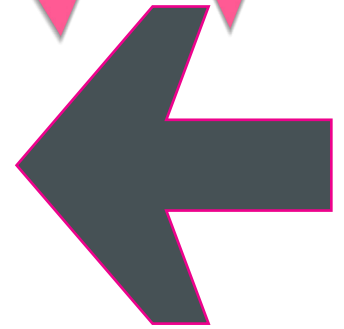
Because early detection matters.



1 in 8 American women are at risk of developing breast cancer.



About **2.8 million** female survivors of breast cancer live in the U.S.



Improvements in early detection and treatment led to a 39% decline in breast cancer deaths in the U.S. between 1989-2015.

2	13
Every 2 minutes a woman is diagnosed with breast cancer.	Every 13 minutes a woman in the U.S. loses her life to breast cancer.

What can you do?

♥ EXERCISE.
10-19 hours per week can lower your risk up to 30%.

📅 BE PROACTIVE!
Schedule your yearly mammogram and do monthly self exams.

↓ DRINK LESS.
If you're a woman and you drink, limit your alcohol intake to reduce your risk.

🔍 KNOW THE SIGNS.
Be aware of what's normal for you and tell your doctor about any changes.