

Did You Know?

Breast Health

Getting mammograms regularly can lower your chances of dying from breast cancer. In Alaska, cancer is the leading cause of death, with breast cancer being the most commonly diagnosed. Finding breast cancer early greatly improves your chances of beating breast cancer.

Q: How do I find out if I have breast cancer?

A: A mammogram and breast exam by your doctor is the best way to find breast cancer early.

Q: How old do I need to be to start getting mammograms?

A: If you are 40 to 49 years old, talk to your doctor about when to start getting mammograms. **If you are 50 to 74 years old, be sure to have a mammogram every two years.**

Q: Can I prevent breast cancer?

A: We don't know what causes breast cancer, so there is no sure way to prevent it. This is why getting regular mammograms is so important. Good news is that there are ways to lower your chances of getting breast cancer:

- Stay active and exercise
- Keep extra weight off
- Don't take hormone replacement therapy unless recommended by your doctor
- Cut out alcohol or drink very little



95% of women who find their breast cancer early survive.



Regular mammograms
are the best way to find breast cancer early,
when it's easiest to treat.



A
mammogram
is an X-Ray
of the breast.

Q: Does insurance pay for mammograms?

A: Most insurance pays for mammograms. You may also be able to get a free or low-cost mammogram through the Alaska Breast & Cervical Health Check Program.

Don't wait until it's too late.

**Get screened for breast cancer
Find out if you are eligible for a free
mammogram**

Call 1-800-410-6266

