





Give *thanks for your health* as you give **Thanks** *for each new day.*






Getting a mammogram every year is an important part of taking care of yourself on a regular basis. Remember that making sure you are healthy is just as important as getting treatment when you are ill.

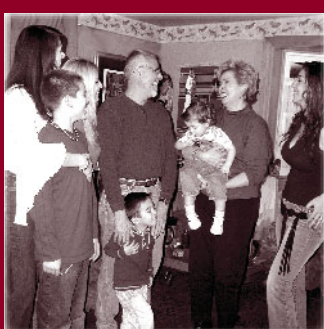
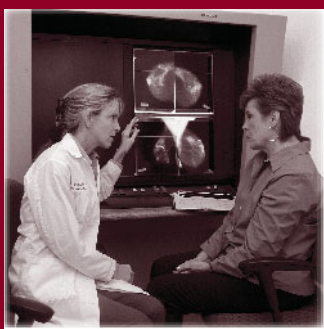
Common risk factors:

-  Your risk of breast cancer increases as you get older.
-  Most women with breast cancer have no family history, however your risk of breast cancer is greater if your mother, grandmother or sister had breast cancer.




Facts:

-  Finding cancer early allows you the best chance to beat the disease.
-  A mammogram can find cancer years before you can feel a lump.
-  The dose of radiation is very low and the pressure of the machine does not cause cancer.




Women *over 40*
should get a
Mammogram
every year.


Do it **for Yourself,** *do it for* **your Family.**



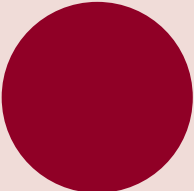
The size lump that can be found
by a yearly mammogram.



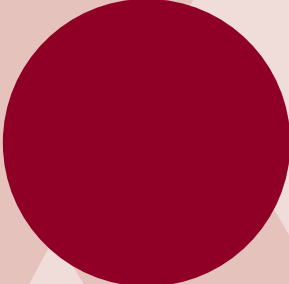
The size lump that can be found
by your first mammogram.



The size lump that can be found
by women who practice regular
breast self-exams.




The size lump that can be found
by women who practice
occasional breast self-exams.



The size lump that can be
found by women untrained
in breast self-exams.

Who can help pay for mammograms?

 Medicare and most insurance companies help pay for a mammogram every year. If assistance is still needed, the Colorado Women's Cancer Control Initiative (CWCCI) might be helpful. **Call 1-866-692-2600 (tollfree)** to see if you qualify.



**Mammograms
are Safe**

