

# BREAST CANCER

## FACTS



Mammograms are currently the best way to detect breast cancer.

Women at average risk for breast cancer should begin annual mammography screening at the age of 40 –



and should continue screening for as long as they're healthy.



1 in 8 women will develop breast cancer in her lifetime



Utah is among the lowest in the nation for mammography screening and breast cancer is the most common cancer among Utah women



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## Mammograms can find cancerous deposits years before a lump is felt.

Small lumps can be caught early by regular mammograms :

1.4961 inch average size lump found by accident :

0.7505 inch average size lump found by first mammogram :

0.5345 inch average size lump found by yearly mammogram when past images can be compared

## Prevention Tips



Annual Mammogram



Healthy Diet



Exercise



Limited Alcohol Consumption

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Deaths from breast cancer have steadily decreased since 1989 with the help of Early Detection Methods and Advanced Cancer Treatments.

*you  
got  
this*

## Sign Up For A Mammogram Today!

We know mammograms can be awkward. There's also the toll of increased anxiety about potential cancer, confronting your own mortality, and finding time in your already busy schedule. To be sure, these are all real concerns, but they don't change the fact mammograms are currently the best way to detect breast cancer.

Facility mammogram scheduling: **801-507-7840**

Mobile mammography scheduling: **1-833-MAMMOGO (626-6646)**

[Intermountainhealthcare.org/mammogram](http://Intermountainhealthcare.org/mammogram)

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