

SUNDAY MORNING

HEALTH CORNER

Stay on Top of Your Health and Get Your Mammogram!

Just because it is not October doesn't mean you can forget about breast health.

The reason for, and value of, mammography

Cancer is the second leading cause of death in women throughout the world, and breast cancer tops the list in most countries as the most common malignancy in women.

In 2019, about **268,000 women** in the US received a diagnosis and **41,760 died from it.**

Earlier diagnosis is due to one thing: Mammograms

The connection is simple: mammograms find cancers early when they are more treatable. Early treatment of early stage cancer leads to fewer deaths.

What is Mammography?

It's an x-ray. It takes about **10 to 15 minutes.** It's completely safe with a small amount of radiation, and it could save your life. All because mammograms detect breast cancer at earlier stages, when it is most treatable.

Information provided by GE Healthcare, MyMammo.com and the American Cancer Society. Cancer Statistics, 2019.



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