

# Breast cancer testing

**Regular breast cancer screenings can help find signs of cancer early, when they are most treatable.**

**The American Cancer Society recommends annual screenings starting at age 40-44 for women of average risk for breast cancer. Those at higher risk should receive a mammogram every year, typically starting at age 30.**

This includes women who:

- Have a personal or family history of breast cancer
- Have a known BRCA1 or BRCA2 gene mutation
- Have a first-degree relative (parent, brother, sister or child) with a BRCA1 or BRCA2 gene mutation
- Have had radiation therapy to the chest

Women age 40 and older are encouraged to talk to your physician about what is right for you.

## MONTHLY OBSERVANCES

### OCTOBER

Domestic Violence Awareness

Health Literacy

**Breast Cancer Awareness**

Sudden Infant Death Syndrome (SIDS) Awareness

### NOVEMBER

American Diabetes Month

COPD Awareness

Great American Smokeout (11/21)

### DECEMBER

Influenza Vaccination Week (12/1-12/7)

Handwashing Awareness Week (12/1-12/7)



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