



# Growing Awareness to Save Lives

In the battle against breast cancer, early detection is a woman's most powerful weapon. In fact, according to the National Cancer Institute, when breast cancer is detected in an early, localized stage, the five-year survival rate is 98 percent. That's why it is so important for all women to make breast health awareness a regular part of their healthcare routine.

# National Breast Cancer Awareness Month

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A mammogram can detect breast cancer in its earliest, most treatable stages, and many major health organizations recommend annual mammogram screenings for women beginning at age 40. Experts also recommend clinical breast exams and breast self-exams to check for breast abnormalities on a regular basis. Any woman noticing unusual changes in her breasts should contact her healthcare provider immediately. Women of all ages should speak to their doctor about his or her personalized recommendations for breast cancer screening.

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