



A MAMMOGRAM CAN SAVE YOUR LIFE

3 THINGS EVERY NATIVE WOMAN SHOULD KNOW



A MAMMOGRAM HELPS DETECT CANCER EARLY

It may feel uncomfortable, but it shouldn't be painful.

RECOMMENDED FOR AGES 40-74 YEARS OLD

Who are at average risk for breast cancer.

- Get screened at least every 2 years.
- Talk with your healthcare provider to decide the best screening process and schedule for you.

TAKE THE NEXT STEP

Call to schedule your appointment or talk to your healthcare provider about **next steps**.

I Got My Mammogram Now It's Your Turn.

Who is in your circle that you can pass this resource onto?

Invite a mom, sister, auntie, daughter, cousin, or friend to schedule their mammogram too.

Share why you passed this on to them:

VISIT AICAF.ORG FOR SUPPORT

