

# Your Journey To Better Breast Health

*Take the time to find your peace of mind.*

## 20 Know Your Normal

Starting at **AGE 20** begin monthly breast self-exams to find out what's normal for you. More than 80% of young women with breast cancer find it themselves. Remember: If you feel something, say something.

**Find out how to do a breast self exam here**

## 25 Know Your Risk Factors

Partner with your physician and have a breast cancer risk assessment performed no later than **Age 25**. This will determine when you start getting regular mammograms and if genetic testing is recommended. Know your family history on both sides of your family and share it with your physician.

## 35-39 Know Your Baseline

Annual mammograms for women with average risk should begin at 40. But your first mammogram, also known as a baseline mammogram, doesn't have to wait until 40. If you are **AGE 35 TO 39**, consider getting a one-time baseline mammogram to learn your breast density, get insight into your current breast health and have a baseline image for the future.

## 40 Know Your Breast Health Provider

Annual mammograms starting at **AGE 40** are recommended for women of average risk. Develop an ongoing relationship with your mammography provider so you have a trusted resource that can help you stay on top of your breast health.

Women with a higher risk will need to begin screening earlier than age 40 and may need supplemental screening, which may include breast ultrasound or breast MRI.

**If you're under 40, chat with your physician about getting a baseline mammogram and check with your insurance provider before scheduling.**