

**We have to  
take care of  
ourselves before  
we can take care  
of others.**

—HELEN, BREAST CANCER SURVIVOR

Helen, a two-time cancer survivor, wants to be an inspiration to others. Despite her chronic rheumatoid arthritis, she leads a full and active life. Helen credits screening and early detection with still being alive today, and reminds us to take care of ourselves first if we want to be there for our loved ones.

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.

## **BREAST CANCER SCREENING**

For more information, visit  
[www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow)  
or call **1-800-CDC-INFO** (232-4636)  
**1-888-232-6348** (TTY)



## **THE RIGHT TO KNOW**

National Center on Birth Defects and Developmental Disabilities  
Division of Human Development and Disability

