

# Mammography Saves Lives



**1 in 8 women will get breast cancer — the most common cancer in women.**

40,000 women die from breast cancer each year.

75% of women who get breast cancer are of "average risk" — with no family history of the disease or other high risk factors.

1 in 6 breast cancers are found in women ages 40–49.

**The most lives are saved from breast cancer when women get screened every year, starting at age 40.**

Starting yearly mammograms at age 40 has helped cut breast cancer deaths by more than 40 percent.

- Mammograms can find tumors too small to be felt.
- Small cancers are easier and less costly to treat, and have a better chance for cure.



**Schedule your annual mammogram today!**

Watson Clinic Women's Center  
1400 Lakeland Hills Blvd. | Suite A  
Lakeland, Florida

Watson Clinic Highlands  
2300 E. County Rd. 540A  
Lakeland, FL

**863-680-7755, option 3**  
[www.WatsonClinic.com/BreastHealth](http://www.WatsonClinic.com/BreastHealth)

 **Mammography Saves Lives®**  
*... one of them may be yours*

**[MammographySavesLives.org](http://MammographySavesLives.org)**



**All women should have a risk assessment by age 30 to see if they are at increased risk — particularly black and Jewish women.**

- Just being a woman makes you at “average risk” for breast cancer. That risk increases with age.
- Some women are at higher risk — including those with a family history of breast cancer or a known genetic mutation.
- These women may benefit from additional screening or other preventive measures.

**Mammograms cannot detect all cancers and can detect tissue that may look like cancer but is not.**

- About 10 percent of women who get a screening mammogram will need additional imaging, usually just another mammogram or an ultrasound. One to two percent will need a needle biopsy.
- These issues can cause anxiety, but must be weighed against the potential benefits of early detection of breast cancer.
- Early detection decreases breast cancer deaths and can minimize treatment needed to cure.



For more information, visit  
**[MammographySavesLives.org](http://MammographySavesLives.org)**.