

Health and Wellness Tip of the Week - Week 41

Monthly Topic

October is Breast Cancer Awareness Month. It's the perfect time to remind employees about the importance of lowering your cancer risk.

October 12, 2015

Scheduling Your Mammogram

Make good health a reality by scheduling routine mammograms and watching for breast changes.

- 🎗️ Get a mammogram at least once every two years if you are age 50-74.
- 🎗️ Women ages 40-49 should talk with their doctors about testing schedules.
- 🎗️ But women of any age should ask their doctor about screening guidance. A doctor's suggestions may change based on your age, health and risk factors.

Source: U.S. Department of Health and Human Services



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