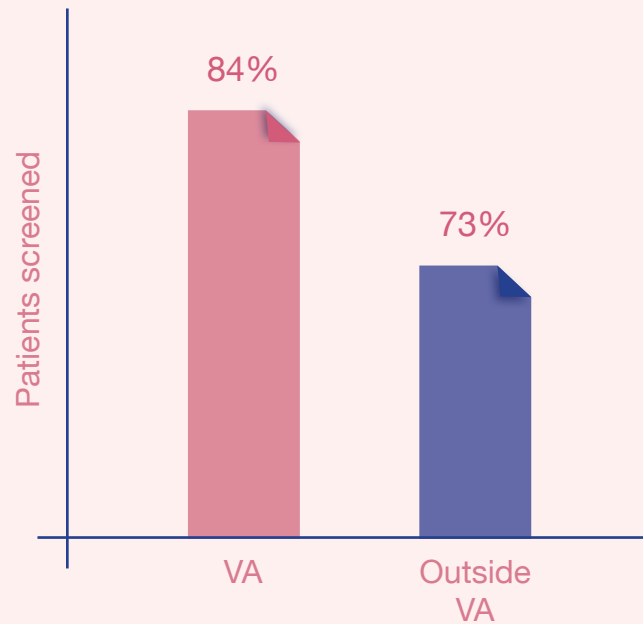
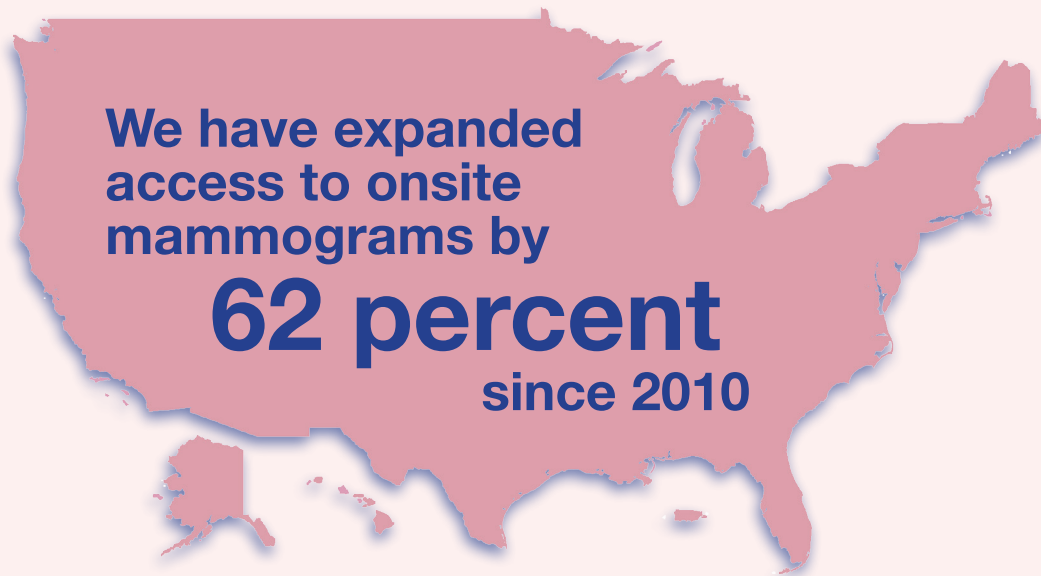


# Are you – or the women in your life – getting tested for breast cancer?

October is Breast Cancer awareness month, a perfect time for a reminder about the importance of mammograms and early detection.



**84%** of women Veteran patients were screened by the VA, age 50-74, compared with 73% in the private sector



## VA's Breast Cancer Screening Guidelines

- Age 40:** Talk with your doctor about when to begin screening
- Age 45:** Begin yearly mammograms
- Age 55:** Get mammograms every other year, or continue annually, depending on your preference
- Age 75+:** Continue getting regular mammograms if you're in good health

## The provider reading a mammogram will look for:

-  Small white spots called calcifications
-  Lumps or tumors called masses
-  Other suspicious areas that could be signs of cancer



**Secure messaging** - With a Premium account, Veterans can safely and securely reach out to their health care team with questions about treatments, appointments and medications.

It is very important to keep up with your mammogram as the American Cancer Society recommends. I have been getting mammograms through the Phoenix VA since 2013. I did not feel or have a lump when I was diagnosed with breast cancer in 2016. The Breast Radiologist found my type of cancer through mammography. I am so thankful for her and her team.

- USAF Veteran