

# Breast

# CANCER

Simply being a woman and getting older puts you at some risk for breast cancer. Your risk for breast cancer continues to increase over your lifetime.

*Know the signs*

*Catch it in time*

**Doing a breast self-examination** is an important step any woman can take in finding breast cancer early. When cancer is found early and treated promptly, chances of survival are good.



**Having a mammogram** is the best way to detect breast cancer in its earliest, most treatable stage—an average of 1–3 years before a woman can feel the lump.

Mammography also locates cancers too small to be felt during a clinical breast examination.

For more information call  
817-321-4884



**Tarrant County Public Health**

*Safeguarding our community's health*

<http://health.tarrantcounty.com>