

American Cancer Society Guidelines for Early Detection of Breast Cancer

Following these guidelines will increase the chances for early detection and better treatment prognosis for women who develop breast cancer.

Women should know how their breasts normally feel and **report any breast change promptly to their health care providers.**

BREAST SELF-EXAM

Starting in your 20's,
perform a self-exam **every month.**

CLINICAL BREAST EXAM

Performed by a health care professional

Starting in your 20's,
have a clinical breast exam **every three years.**

Starting in your 40's,
have a clinical breast exam **every year.**

SCREENING MAMMOGRAM

Starting in your 40's,
have a screening mammogram **every year.**