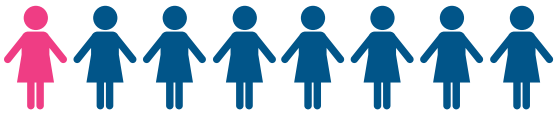


7 important reasons to get your mammogram



Women in America have a **one in eight chance** of developing breast cancer over their lifetime.

Early detection offers the best hope for catching a cancer early when chances for a cure are highest. That's especially important for African American women who have a greater risk for some aggressive types of breast cancers and are more likely than white women to die from the disease. Breast cancer screening and early detection save lives. Schedule your annual mammogram beginning at age 40. **Here are seven good reasons why you should keep mammogram screening on track:**

1 You can get breast cancer even if it doesn't run in the family.

Most women who are diagnosed with breast cancer don't have a significant family history. However, having a family history does elevate breast cancer risk.

2 You have dense breasts.

Breasts that contain a lot of

fibrous or glandular tissue and little fat

are considered dense.

Dense breasts increase your risk for breast cancer, making regular mammograms particularly important because they're more likely to hide a cancer.

3 You're getting older.

Like many other health issues, your risk for breast cancer rises with age. Most breast cancers are diagnosed after age 40. For every year that you live, you're more likely to develop breast cancer in the next year.

40+

4 You are African American.

African American women are more likely to die from breast cancer when compared to white women of similar age.

One reason is that, due to **lower screening rates**, their cancers are often caught.

In addition to being under-screened, African American women tend to have more aggressive types of breast cancer, for which there are fewer effective treatment options.

5 A mammogram may detect other issues.

Besides finding cancer, breast imaging can reveal other health problems that you and your doctor need to know about. You can find breast abscesses on mammography and ultrasound.

6 You started menstruation early— or menopause late.

Having your first menstrual period

before age 12

or

starting menopause **after age 55**

increase your risk for breast cancer.

7 You skipped your mammogram last year.

Many people postponed check-ups and screenings during the COVID-19 pandemic to avoid exposure to the virus. But the longer a breast cancer has had an opportunity to grow, the more dangerous it becomes.

If it's been more than a year since your last mammogram, be sure to book an appointment.

Visit rwjbh.org/mammo

Robert Wood Johnson University Hospital Hamilton

RWJ Barnabas HEALTH

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Don't delay your mammogram.

To make an appointment at RWJUH Hamilton, call **609-584-6400** or visit rwjbh.org/mammo

Let's beat breast cancer together.

Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.

