



**Breast Cancer** is a dangerous disease that appears as a lump inside the breast. Like other types of cancer, if allowed to grow too large, Breast Cancer can be deadly.

## Know Yourself

You can examine yourself for breast cancer every so often. Pay attention to how your breasts look, and feel around for new lumps and bumps. If your breasts are suddenly painful or change in size, or a new lump appears, talk to your doctor immediately.

## Get Screened

Your doctor can give you a mammogram-an x-ray of the breasts that can detect cancer that you cannot see or feel yourself.

Women over 40 should get a mammogram every 2 years. Women younger than 40 can also ask for mammograms.

## Talk To Your Family

Breast cancer can run in the family. If possible, talk to the older women in your family to see if they have a history of breast cancer.

If you have a family history of breast cancer, you may need to be screened earlier and/or more often than other people.

**Madison County Memorial Hospital offers  
mammograms through Outpatient Services.**

**Talk to your doctor about scheduling your  
mammogram with us.**



**In Person:** 224 NW Crane Avenue Madison FL **Call:** 850-253-1907

**Online:** [mcmh.us/wellwomen](https://mcmh.us/wellwomen) & <https://facebook.com/healthyyouwomen>