

Women's Health

Mammogram Saved My Life

by Candis Cohen

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(NAPSA)—Here's a story of how vital it can be to take medical tests.

Not long ago, a mammogram saved my life. I never thought I'd get breast cancer. I had no history of it in my family—no lump. I wasn't a smoker, didn't drink and watched what I ate.

It's your life: If you're a woman over 40, get an annual mammogram.



Thankfully, each year since I was 40, I got a mammogram (special x-rays of the breast that can detect cancer). At 51, my mammogram showed I had a problem. I had a needle biopsy to remove a little bit of tissue to test it for cancer. My doctors found a tiny, aggressive cancer in my breast—so small it was actually removed by the biopsy itself. Because I'd caught it so early, my doctors think I'll be fine.

If you're a woman over 40, please get an annual mammogram. If you can't afford one, call your state department of health or 1-800-4 CANCER.

Here's an added tip. Early screening is also good for men. It's worth asking the men in your life who are over 50 if they've been screened for prostate cancer.

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