



**SHARSHERET®**  
The Jewish Breast & Ovarian Cancer Community

## Breast Cancer Screening Tips

- Start mammograms at age 40 if you are at average risk.
- Get a mammogram every 1-2 years depending on your personal risk and doctor's advice.
- Know your family history — it could mean earlier or more frequent screenings.
- Talk to your doctor by age 30 if you have a family history of breast cancer or ovarian cancer.
- Do regular breast self-awareness checks to notice any unusual changes.
- Consider genetic testing if breast cancer, ovarian cancer, pancreatic or prostate cancer run in your family.
- Stay on top of your annual check-ups — they're key to early detection.
- Don't ignore symptoms like lumps, pain, or nipple changes — get checked!
- If you have implants, don't skip screenings. Mammography has special imaging views that allow radiologists to clearly visualize the breast tissue separate from the implants.
- Maintain a healthy lifestyle to help lower your breast cancer risk.

Sharsheret is here for you in  
The Waiting Room



**MERCK**

