

### Mammography



- Pink is the ribbon color for breast cancer awareness.
- Breast cancer is the most commonly diagnosed cancer in women and #2 cause of cancer death in women.
- Breast cancer screening using mammography has helped reduce deaths from breast cancer by almost 40% since 1990.

#### What is a mammogram?

- A mammogram is an x-ray that checks your breasts for breast cancer. Mammograms can help find breast cancer early, long before you can feel it in your breast, so it can be treated before it gets worse. This can save patients from having to do more difficult treatments and reduce the risk of death from breast cancer.
- We recommend that women 40 and older get a mammogram every year. Women with a higher risk of breast cancer should start getting mammograms even earlier. We might also suggest other types of breast cancer screenings for high-risk patients, like MRIs.

### Lung Screening



- Pearl (white) is the ribbon color for lung cancer awareness.
- Lung cancer is the #1 cause of cancer death in both women and men.
- Lung screening, using a low-dose CT scan, saves lives by finding lung cancer early when it's easier to treat.

#### What is a low-dose CT scan?

- A low-dose CT scan checks your lungs for lung cancer. The scan is simple – you don't need to drink anything, get an IV, or change your clothes – and it only takes a few minutes.
- The scan will look for lung nodules (spots on your lung). Most people who smoke or live in areas with a lot of air pollution have nodules. For 9 out of 10 patients, these nodules aren't harmful. 1 out of 10 patients will be asked to have another scan in a few months. This is to check the nodules for changes or growth that could be cancer.
- We recommend that women and men age 50 or older who currently smoke cigarettes, or who used to smoke a large amount, get a low-dose CT scan every year.

### Risk Factors for Breast and Lung Cancer



**Talk to your doctor to see if you qualify for a mammogram or low-dose CT scan. Contact our Rogel Cancer Center AnswerLine at (800) 865-1125 to learn more about cancer screening. Share this information with friends and family!**