



**3D
MAMMOGRAMS
FOR BETTER
DETECTION**

THE
BESt

GIFT FOR TURNING 40 —
PEACE OF MIND.



HAPPY BIRTHDAY!

Forty is the perfect time to start having annual mammograms. For women 40+, annual mammograms are the key to early detection and the peace of mind that comes with it. Our doctors are experts in early breast cancer detection with over 50 years of combined experience.

St. Bernard's offers same-day results and online scheduling to make getting peace of mind even easier.

Visit stbernards.info/mammogram or call the St. Bernard's Healthline at **870.207.7300**.



EARLY DETECTION IS KEY

Every woman over 40 needs an annual mammogram in order to benefit from early detection and decreased mortality rates.

Women should be familiar with how their breasts normally look and feel and should report any changes to their healthcare provider right away. While monitoring changes in your health is important, it should not be the only preventative measure.

Women who receive annual mammograms have a better chance of catching a cancer the size of a green pea or a grain of rice.



Average-size cancer found by first mammogram



Average-size cancer found by women doing regular Breast Self Examinations (BSE)



Steal time from breast cancer with a screening. Twelve percent of women will develop a breast cancer during their life.