

PAT SAMPLE
3 DEY ST
SAMPLEVILLE, GA 30346-9497



St. Bernard's
HEALTHCARE

The Heart of Great Medicine

MAKE YOUR HEALTH A PRIORITY

You spend time caring for everyone else, don't forget to make your own health a priority.



STAY ON TOP
OF YOUR
BREAST
HEALTH

It's time for your
annual mammogram.



MAMMOGRAMS AT ST. BERNARDS

Annual screening is the key to early detection and early treatment of breast cancer. Mammograms aren't just important for breast health—they're important for your peace of mind. Our doctors are experts in early breast cancer detection with over 50 years of combined experience.

It's time to schedule your annual exam, and St. Bernard's has made it easy and convenient with same-day mammogram results and online scheduling.

Call the St. Bernard's Healthline at **870.207.7300**
or visit **stbernards.info/mammogram** to find out more.



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.

WE NEVER
STOP CARING.



St. Bernards Hospital
225 E. Washington Avenue
Jonesboro, AR 72401

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JANE SAMPLE
96 HERMANN ST
SAMPLEVILLE, GA 30346-1613



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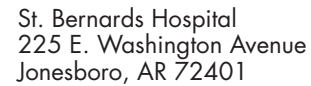
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CHELSEA SAMPLE
100 BERGEN BLVD
SAMPLEVILLE, GA 30346-8929



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