

No More Excuses!



Did you know?

Carol: Hey Joan, how are you?

Joan: I'm good. I just went for my mammogram. You know you need one every year after you turn 40. By the way, have you had yours?

Carol: Not yet. I know I should go but I can't take a day off from work. My job is important to me.

Joan: I've heard that before, but nothing matters more than your health. If you won't do it for yourself, do it for your family!

Carol: Listen Joan, I had a mammogram once and it hurt. I don't want to go through that again.

Joan: I think a couple of seconds is worth your life.

Carol: I know. But the truth is – I don't want to think about cancer – and I don't even have health insurance.

Joan: Come on, Carol, no more excuses. You may be able to get a free or low-cost mammogram.

Carol: OK, you are right. It's time I take care of this. I'll call today.

- A mammogram is an X-ray of the breast and is safe.
- Even if no one in your family has had cancer, you still need a test.
- If your mother, sister or daughter has had breast cancer, talk to a doctor about when to get your test.
- Programs in your area may offer free or low-cost mammograms if you don't have health insurance.

To find a mammogram
near you, call:

1.800.227.2345



Get help anytime.

1.800.ACS.2345 / www.cancer.org