# No More Excuses!

**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.

## Did you know?

- 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

American Cancer Society®

Get help anytime.

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