

Regular Screenings Can Help Catch Breast Cancer Early

According to the Centers for Disease Control and Prevention (CDC), mammograms are the best way to find breast cancer early and studies show that finding breast cancer early saves lives.

During National Breast Cancer Awareness month, OAOHN would like to encourage you to care for yourself, or the women in your life, by reminding you of the importance of regular screenings.

The CDC recommends that women:

- Ages 50 to 74 get a mammogram every two years
- Ages 40 to 49 talk to their health care provider about when and how often they should get a mammogram

There are certain circumstances under which you should consult your Primary Care Physician (PCP) before scheduling a mammogram. If you are pregnant or have been breastfeeding during the last six months, call your doctor and ask if a mammogram would be appropriate.

Having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health. A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a Primary Care Physician, finding one is easy! Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.