Best Chance Network Says: Take Charge Of Your Life!

Yearly

Have a breast exam done by a doctor or nurse.
Have a mammogram if you are 40 or older.

Monthly

Do breast self-exams. If you do not know how to check your breasts, ask your doctor or nurse to teach you.

Right Away

If you find a lump, skin change, or any other breast changes or unusual discharge from your nipple(s), see a doctor or nurse.

AMERICAN CANCER SOCIETY®

Best Chance Network

TAKE CARE OF YOURSELF!
YOU ARE WORTH IT.

D H E C

PROMOTE PROTECT PROSPER

South Carolina Department of Health and Environmental Control

ML-002066 MAC 8/03

A Mammogram Could Save Your Life

Why should I have a mammogram?

A mammogram could save your life. It can find breast cancer that is too small for you, your doctor or your nurse to feel. Breast cancer can be treated with more success when it is found early.

What is a mammogram?

A mammogram is an x-ray picture of your breast.

How do I know if I need a mammogram?

The American Cancer Society recommends that women age 40 and over have a mammogram every year. If you are not certain when to have a mammogram, check with the doctor or nurse who provides your care.

How is a mammogram done?

1. You will stand in front of a machine. The person who takes the x-ray will place your breast between two plastic plates.

2. The plates will press your breast and make it flat. This may be uncomfortable for a few seconds, but it helps to get a clear picture of the entire breast.

3. The x-ray will be made of one breast at a time. It only takes a few minutes to have a mammogram.

What does a mammogram cost?

The cost of a mammogram usually runs between $50 and $100. Women between 47 and 64 who have low incomes and no health insurance, or hospital coverage only, can get a free breast exam, Pap test, pelvic exam and mammogram through the **S.C. Best Chance Network with screening providers across the state.**

Where can I get a mammogram?

To find out where you can get a mammogram:

- Ask the person who provides your health care (doctor or nurse).
- If you are 47-64 years old, call the American Cancer Society at **1-800-227-2345** and ask about eligibility for the **Best Chance Network**.