
*Here's why other women
like yourself get a
mammogram every year.*

- "I'm supposed to have this test every year."
- "I try very hard to take care of myself."
- "I'll do whatever I can to prevent the pain of cancer."
- "It's easy. My doctor makes the appointment for me every year."
- "Getting a mammogram is a habit for me. It's part of my yearly physical."



DO THE RIGHT THING
Schedule your mammogram now.

Remember:

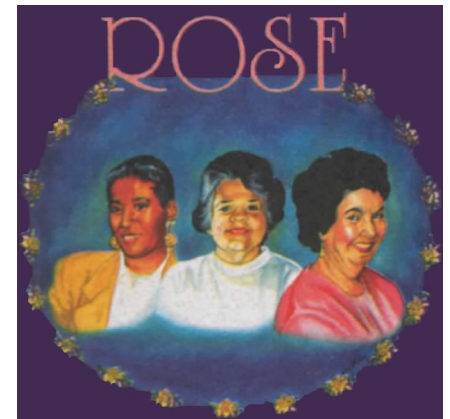
- Check your breasts once a month for lumps or other changes.
- Get a mammogram every year.
- Get a breast exam by a health care provider every year.



**For more information call your
doctor or the ROSE Project.
(910) 739-9511**

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***For the Rest of
Your Life!***



***Mammograms...
Make it a Habit!***

Mammograms: Once A Year for a Lifetime. Why?

Why do I need one every year?

We all enjoy watching the changes our family members have made over the years through pictures. Mammograms, like family pictures, allow us to see what changes have taken place in our breast since the last mammogram. This is why a yearly mammogram is so important; it is one way to take care of yourself.



A mammogram every year can find:

- Any unusual changes from the last year.
- Any unusual changes that are currently too small to be felt.
- Small cancers that are easy to treat.



How can I remember to schedule my mammogram every year?

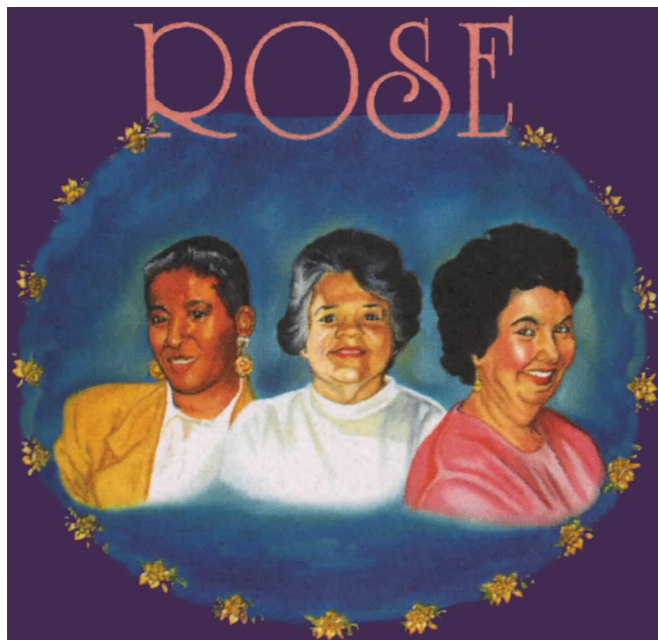
- Make it part of your annual exam.
- Remind your doctor it's time for your mammogram.
- Schedule your mammogram the same time every year. Use a special event (birthday, anniversary, or other yearly activity) to help you remember.
- Team up with a buddy and remind each other.
- Write yourself a reminder on next year's calendar.



How Do I Prepare for My Mammogram?

- Dress comfortably in a two-piece outfit.
- Do not use deodorant, talcum powder, ointment, or creams on your underarms or breasts.
- Remove any jewelry that might get in the way.
- Schedule your mammogram for the week after your period.

Ladies Health Guide



Robeson County Outreach Screening & Education Project

ROSE Health Guide

Introduction

This health guide has been prepared to provide you with a place to keep all of your important health information. When you become sick or injured, your important health facts can easily be found.

Please take a few minutes and complete this health guide. It is important that the information that you include is accurate; therefore, please do not guess. Check with your doctor if you are unsure.

