

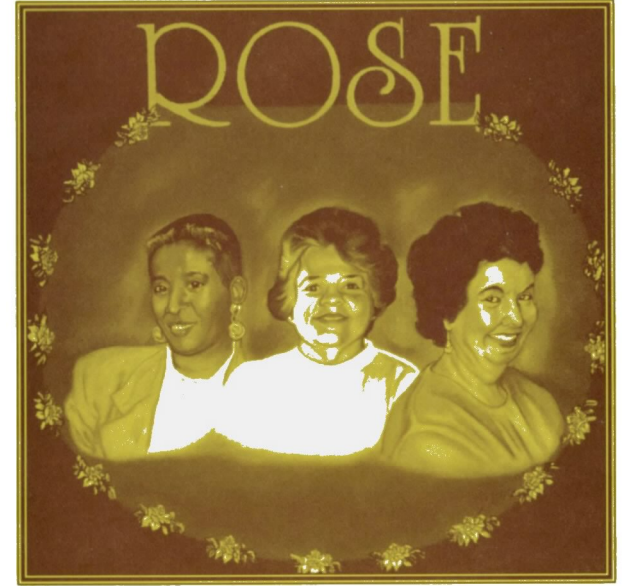
Action

# Mammography Guidelines

*Women 40 and older  
every year for a lifetime*



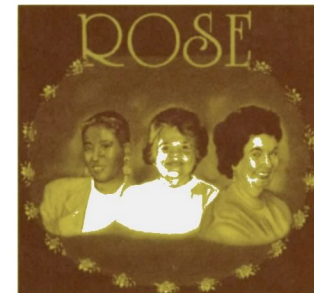
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901-A North Chestnut Street  
Lumberton, NC 28358



# Your Mammogram

ONCE EVERY YEAR FOR A LIFETIME...

Wise Woman .....	671-3200
Lumberton Radiological Associates .....	671-4000
ROSE Project .....	739-9511



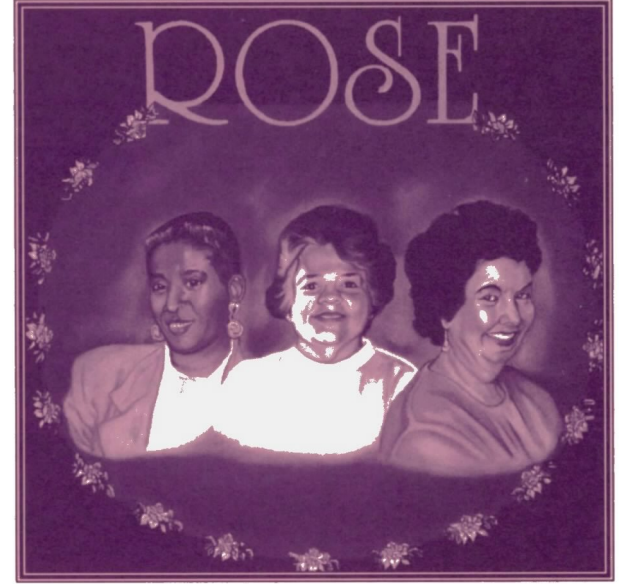
# Pre-contemplation/Relapse

# Mammography Guidelines

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every year for a lifetime*



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# ***Something Simple Could Save Your Life!***

## ***A Mammogram***

- 1. A picture that could find breast cancer early.***
- 2. Every woman 40 and older needs one.***
- 3. It could save your life.***
- 4. A picture that could find a lump when it can't be felt.***



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Outreach  
& Screening &  
Education Project

***For more information call: 739-9511***

P/R

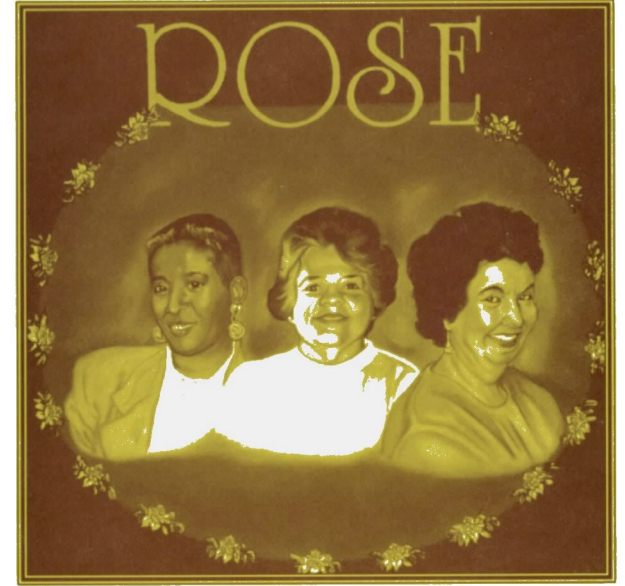
# Contemplation

# Mammography Guidelines


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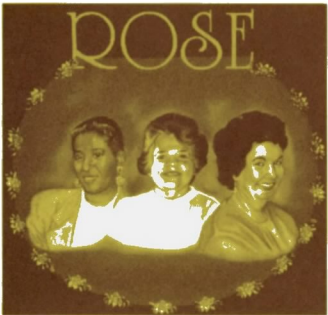




# You know you need a Mammogram but...



- **YOU'RE SCARED**
- **YOU DON'T HAVE THE MONEY**
- **YOU'RE AFRAID OF WHAT YOU'LL FIND**
- **YOU DON'T HAVE A WAY**



**Let us help call 739-9511**

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# Maintenance

# Mammography Guidelines

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# Things to do this year



- 1. Have a mammogram
- 2. Celebrate your birthday
- 3. Have a physical



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