Breast Health Tips and Guidelines

One in eight women in the United States are diagnosed with breast cancer in their lifetime. But early diagnoses and advanced treatments mean that breast cancer can often be successfully treated or cured. The following are two things you can do to keep your breasts healthy:

1. SCHEDULE YOUR MAMMOGRAM
   All women should get a mammogram to scan breast tissue for tumors or other abnormalities that might be a sign of breast cancer.

2. REPORT ANY BREAST CHANGES
   Although regular mammograms are the preferred breast cancer screening tool, you should still be familiar with the way your breasts normally look and feel.

Here's What You Need to Know
A mammogram is typically performed for the first time when a woman is between 40 and 50 years old.

Women should have a repeat scan every 1 to 2 years.

Your doctor will work with you to determine when you should get your first mammogram and how frequently they should be performed based on your family history and other factors.

Report any of the following changes to your doctor:
- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge

15 Convenient Locations:
UCLA Health delivers personalized, multidisciplinary breast cancer care in a compassionate and supportive environment.

1. Alhambra
2. Beverly Hills
3. Burbank
4. Encino
5. Irvine
6. Laguna Hills
7. Orange
8. Pasadena
9. Porter Ranch
10. Santa Clarita
11. Santa Monica
12. Torrance
13. Ventura
14. Westlake Village
15. Westwood

Find mammogram locations: radiology.ucla.edu/our-locations