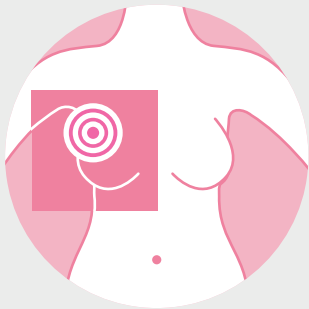


BREAST HEALTH TIPS AND GUIDELINES

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.

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.



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



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.

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.

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