

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 therapies mean that breast cancer can often be successfully treated. **The following are two things you can do to keep your breasts healthy:**



1 SCHEDULE YOUR MAMMOGRAM

Mammograms are a type of breast X-ray used to identify signs 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:
uclahealth.org/radiology/our-locations

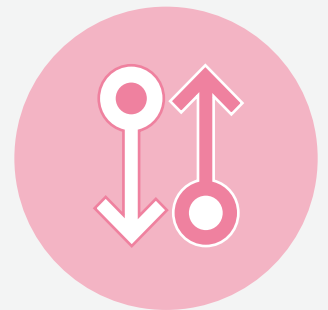


2 REPORT ANY BREAST CHANGES

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

BOTH WOMEN & MEN SHOULD REPORT ANY OF THE FOLLOWING CHANGES TO THEIR DOCTOR

- A new lump in the breast or underarm
- Changes to the size, shape or appearance of the breast or nipple
- Bleeding from the nipple



14 CONVENIENT LOCATIONS:

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

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| 1. Beverly Hills | 8. Porter Ranch |
| 2. Burbank | 9. Santa Barbara |
| 3. Encino | 10. Santa Clarita |
| 4. Irvine | 11. Santa Monica 16th Street |
| 5. Laguna Hills | 12. Santa Monica Parkside |
| 6. Orange | 13. Torrance |
| 7. Pasadena | 14. Westwood |