





## When should YOU get a *Mammogram?*

The American College of Radiology and American College of Surgeons recommend the following screening guidelines:

-  Yearly mammograms starting at age 40
-  Clinical breast exams by a primary care provider every one to three years for women ages 20 to 30, and yearly for women 40 and over

**Women should do breast self-exams starting in their 20s and become familiar with how their breasts look and feel. If there are any changes, they should see their primary care provider.**

Call 843-522-5015 to schedule your annual mammogram. We offer same day results.

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**OKATIE**  
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**Beaufort Memorial**  
**BREAST HEALTH CENTER**

