

Don't miss your mammogram!

Did you know?

- Regular screening is the best thing you can do to reduce the risk of dying from breast cancer
- Women who have a screening mammogram every year had 29% fewer breast cancer deaths

Annual Mammograms Can Save Your Life

Regular mammography is an important part of a woman's preventive health plan. If you've missed getting your mammogram during the pandemic, call your doctor to make up that appointment.

Breast Cancer Risk Assessment

To learn about your **10-year risk** and your **lifetime risk for breast cancer**, scan the **QR code** and complete the survey. Review your results with your Primary Care provider at your next visit for guidance on screening and genetic counseling.



Schedule your Mammogram today!

For appointments, call **(530) 582-6510**

- Screenings are covered by most insurance companies
- A physician's order is not required
- Free and low-cost mammograms are available regardless of insurance

Call (530) 582-6219 for more information about free or reduced cost screenings



**TAHOE FOREST
HEALTH SYSTEM**

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