



# Once is Not Enough

---

Many women will get breast cancer and many women will survive breast cancer. A woman's chances for survival are dependent on early detection. The best way to detect breast cancer in its early stages is through regular clinical breast examinations and screening mammograms.

## Who Gets Breast Cancer?

- All women have a chance of developing breast cancer.
- The biggest risk factors are being a woman and aging.
- Women 50 or older are the most likely to develop breast cancer.
- An estimated 15,122 women in Texas will be diagnosed with breast cancer this year.
- It's estimated that 2,717 women in Texas will die of breast cancer this year.
- The mortality rate is higher for African American women with breast cancer than White and Hispanic women with breast cancer.

## When Should A Woman Get Screened?

- A good breast health routine includes an annual clinical breast examination and a regular mammogram.
- A woman should talk to her health care provider about when she should begin and how often she should get regular mammograms.
- Remember, getting a mammogram only *once is not enough!*



*The Department of State Health Services and local health care agencies across Texas offer breast examinations and mammograms at no cost to women age 40-64 with limited incomes. For more information call (512) 458-7796.*