

# Make Time For A Mammogram

Early detection is  
the best protection

Breast cancer is the most common  
cancer for women.

Annual screening mammograms  
beginning at age 40 reduces breast  
cancer mortality by nearly 40%.

Women with 1 or more risk factors  
may be at higher risk and screening  
mammography may start as early as  
25 or 30 years of age.

A mammogram can usually find  
lumps 2-3 years before you or your  
health care provider can feel them.



## Schedule Your Mammogram

Schedule your mammogram at  
Humboldt County Memorial  
Hospital where one of three  
board-certified technologists will do  
their best to accommodate your  
schedule and ensure your comfort.

## Mammogram Assistance

The HCMH Foundation provides  
financial assistance to uninsured  
women and men for breast cancer  
testing. Contact us today for more  
information about this program.



515-332-4200



[humboldthospital.org](http://humboldthospital.org)



1000 15th St. N. Humboldt, IA



**EARLY DETECTION  
SAVES LIVES**

Schedule Your Mammogram

## Know Your Family History



### Genetic Factors

Inform your doctor if you have a family history of breast cancer.

## Understand Your Risk Factors



### Lifestyle Factors

Maintain a healthy weight, exercise regularly, and limit alcohol consumption.

## Stay Informed



### Prompt Action

See your doctor immediately if you notice any changes in your breast.

## Monthly Routine



### What To Look For

Check your breasts once a month for any unusual changes. Lumps, thickening, or any changes in size or shape.

# Be Breast Aware

**Your risk for breast cancer increases as you get older.**

- Know what is normal for your breasts.
- Check your breasts monthly for changes.
- Report any changes immediately to your primary care provider.
- Consider yearly mammograms once you turn 40 (or earlier if you have a family history).

**Don't wait for your next mammogram before acting on breast changes. See your doctor.**

**Call To Schedule Your Mammo**  
**515-332-4200**

**HCMH**



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I choose HCMH for my mammography services because I too was once a mammographer, I know what a quality mammogram looks like and that's exactly what my team consistently strives to deliver.

**-Stacy Clarken, Director of Radiology**

