



St. Mary's Health Clearwater Valley
Health

**BE THERE
FOR THE ONES
YOU LOVE**

*Schedule your
mammogram today.*



SMH-CVH.ORG

BREAST CANCER FACTS

- Approximately **1 in 8 women** in the US will be diagnosed with invasive breast cancer and 1 in 43 will die from the disease
- The breast cancer death rate has dropped by 44% since 1989 because of advances in treatment and **earlier detection**
- Breast cancer is the most **common cancer** diagnosed among women in the US

WHEN & WHERE

- Our all new mammography truck spends approximately 3 days per month at each of our 4 clinics including:
 - ◆ Cottonwood Clinic
 - ◆ Grangeville Clinic
 - ◆ Kamiah Clinic
 - ◆ Orofino Clinic



Talk to your doctor to get scheduled!

SELF EXAM TIPS

- Checking your breasts in the shower can be a convenient way to get the self exam into your routine.
 - Press firmly with the pads of your fingers. Move your left hand over your right breast (and then right hand over left breast) in a circle. Make sure to check all over and include the armpit.
- You also should look at your breasts in a mirror. Look for any changes in how your breasts look.