



St. Mary's Health    Clearwater Valley  
Health

**BE THERE  
FOR THE ONES  
YOU LOVE**

*Schedule your  
mammogram today.*



[SMH-CVH.ORG](http://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.