

# Have you had a mammography?



- ♦ Women **50-74** years old should get a mammogram, at least, **every 2 years**.

- ♦ Some women may need to be screened more frequently depending on their medical history and where they reside. Please check with your doctor.



**Practice Management of America, "PMA",** provides clinical care management to all members of the Diocese of St. Petersburg, Florida. **We are here to help you navigate the healthcare maze!**

## Make your appointment today and receive a check for \$15.00.

**Simply call us and let us know the date of your test and we will send you a check for \$15.00!**



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# Did you know?



- ♦ **1 in 8** Women will be diagnosed with breast cancer in their lifetime. **Mammography has helped reduce breast cancer mortality** in the U.S. by **nearly 30%** since 1990.
- ♦ **1 in 6** breast cancers occur in women aged **40-49**.
- ♦ **75%** of women diagnosed with breast cancer **have no family history** of the disease and are not considered high risk.
- ♦ Even for woman **50+**, skipping a mammography every other year would **miss up to 30%** of breast cancers.



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