



**Susan G. Komen for the Cure  
Greater Atlanta Affiliate**

**Early Detection Fact Sheet**

Early detection is the key to survival. Women who detect breast cancer before it leaves the breast have a five-year survival rate of 98 percent. There are four simple steps that can help women detect breast cancer early.

**1. Know your risk:**

- Talk to your doctor about your personal risk factors.
- Talk with your family to learn about your family health history.

**2. Get screened:**

- Have a mammogram every year starting at age 40, and clinical breast exams every 3 years starting at age 20 and annually starting at 40.
- Ask your doctor which screening tests are right for you if you are at higher risk for breast cancer.

**3. Know what is normal for you:**

- Know how your breasts look and feel.
- Report any changes to your doctor.
- If you notice any lumps, redness, warmth, dimpling or puckering, tell your doctor.

**4. Make healthy lifestyle choices:**

- Be sure to eat healthy foods, exercise regularly, maintain a healthy weight and limit you alcohol intake.

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