



We have to **take care**  
of ourselves before we can take care of others.

— HELEN, BREAST CANCER SURVIVOR

Helen, a two-time cancer survivor, wants to be an inspiration to others. Despite her chronic rheumatoid arthritis, she leads a full and active life. Helen credits screening and early detection with still being alive today, and reminds us to take care of ourselves first if we want to be there for our loved ones.

If you're over 40, check your breasts regularly, and have a mammogram and a clinical exam every 1–2 years. For more information, visit [www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow) or call 1-800-CDC-INFO (232-4636); 1-888-232-6348 (TTY).



**BREAST CANCER SCREENING  
THE RIGHT TO KNOW**