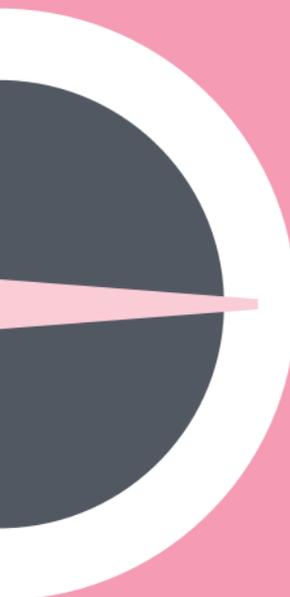




Breast Cancer
Foundation NZ

Make time for a mammogram

Early detection is the best protection



**Breast cancer is the
most common cancer for
New Zealand women.**

Consider an annual screening mammogram from the age of 40-49, then every two years from 50.

A mammogram is a safe, low-dose x-ray that can pick up very small breast cancers, long before a lump can be felt.



Are you aged between 45 and 69?

Enrol for FREE 2-yearly mammograms with BreastScreen Aotearoa **0800 270 200** or register online at **www.timetoscreen.nz**

Find it before you feel it



Breast Cancer
Foundation NZ

Mammograms detect breast cancer early



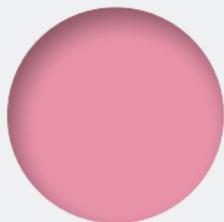
2mm

Size of the smallest cancer found
by regular mammogram



14.5mm

Average size of cancer found by
regular mammogram



22mm

Average size of cancer
found by chance

**Source: BreastScreen Aotearoa*

If you notice any new or unusual breast changes at any time, even between mammograms, show your GP promptly. If your GP is concerned about your symptoms, you can be referred to a specialist.



For advice call our breast nurse,
freephone **0800 BC NURSE** (0800 226 8773)
or visit **www.breastcancerfoundation.org.nz**