

Pink Carnation

Pledge Form

I, _____, pledge to schedule and attend my next mammogram appointment. I know that regular screening and early detection saves lives. I choose to get regular screenings to protect my health, my body, and my family.

*Place this pledge form somewhere you look every day - on your fridge, on your closet door, wherever works best for you!

Things to Remember about your Breast Health

Know your breasts - Different people have different warning signs for breast cancer - and some don't have any signs or symptoms at all. Be sure to see your doctor if you have changes or signs that worry you, like a new lump, swelling, or pain.

Know your risk - There are factors you can control and others you can't that may make you at higher risk for breast cancer. Talk to your doctor about your level of risk.

Know your recommendations - Regular mammograms are the best tests doctors have to find breast cancer early. If you are 40 or over, talk to your doctor about your risk to see how often you should get a mammogram.

Get your screenings - We all get busy sometimes, but your health is important. Find the way that works best for you to remember your regular screening. See if your doctor's office has reminder calls or texts, or try to plan your visits on the same day of the year - like the day after your birthday or an anniversary.

Can BreastCare help you get the information you need? Please call 501-661-2942 with any questions or concerns.

