

# Make Breast Health a Priority at Every Age

Breast health experts recommend annual screening mammograms starting at age 40 and continuing every 12 months, not just every calendar year. We know that prioritizing self-care – including your breast health – can be challenging, but it's essential at every age! And it's a practice that should begin long before 40.

Knowing your body is key in the early detection of breast cancer. The better you know your breasts, the more likely you'll be to notice subtle changes that may occur over time. And breast cancer is the most treatable when it's found in its earliest stages. Early detection saves lives!

## Recommendations for Early Breast Cancer Detection

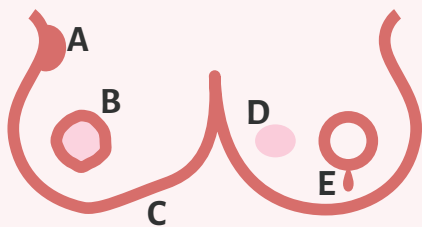
- Monthly self-breast exams for all women, beginning in early-20s
- Clinical breast exam at least every three years, as part of a regular health exam, for women in their 20s and 30s
- Annual screening mammogram for women 40+ and yearly clinical breast exams
- Earlier and /or annual diagnostic screenings for women with known risk factors



**Most insurance plans cover annual mammograms 100% for women 40+.**

## Know your breasts.

Being “breast aware” is essential to noticing changes that may occur. Make a point to know your body, performing monthly self-breast exams. And always report changes to your healthcare provider!



- A New lump**  
A new lump or thickening in the breast or armpit area
- B Nipple change**  
A newly inverted (pulled in) or retracted nipple
- C Shape change**  
A change in breast shape or size
- D Skin change**  
A change in the skin of the breast, areola or nipple, e.g. color, dimpling or puckering
- E Nipple discharge**  
A discharge from the nipple that occurs without squeezing

## Live a healthy, balanced life.

Remember that breast health is just one part of your overall wellness! To maintain an active, healthy lifestyle, be sure to exercise regularly, get plenty of sleep, stick to a diet rich in fruits, vegetables and protein, and drink lots of water. Managing stress is also essential to good health, so make time for friends, family and activities you enjoy.

**We all have a reason to make breast health a priority. Find your reason.**

**Schedule your mammogram today.**  
**CharlotteRadiology.com | 704.367.2232**

**CharlotteRadiology®**

# CHARLOTTE RADIOLOGY IS YOUR PARTNER IN BREAST HEALTH.



You can also scan and self-schedule your screening mammogram!

View appointment availability real-time by location and date, select and confirm. It's that easy!



Most insurance plans cover screening mammograms 100%



Evening & Saturday appointments available at select locations



No referral forms required for annual screening mammograms



Charlotte Radiology has 15 convenient breast center locations

## LOCATIONS & SERVICE OFFERINGS

Screening Mammography

Bone Density (DEXA)

Diagnostic Mammography

Screening Breast Ultrasound

Breast MRI



- Ballantyne**

12335 N. Community House Rd.  
Suite B  
Charlotte, NC 28277  
704.684.8204
- Blakeney**

8918 Blakeney Professional Dr.  
Suite 140  
Charlotte, NC 28277  
704.831.4221
- Huntersville**

16455 Statesville Rd.  
Suite 110-B  
Huntersville, NC 28078  
704.895.3445
- Matthews**

1401 Matthews Township Pkwy.  
Suite 310-A  
Matthews, NC 28105  
704.844.9040
- Medical Center Plaza**

1001 Blythe Blvd.  
Suite 103  
Charlotte, NC 28203  
704.355.6200
- Monroe**

1550 Faulk St.  
Suite 1200  
Monroe, NC 28112  
704.292.2272
- Mooresville**

132 Gateway Blvd.  
Suite A  
Mooresville, NC 28117  
704.235.6446
- Morehead Medical Plaza**

1025 Morehead Medical Dr.  
Suite 150  
Charlotte, NC 28204  
704.831.4200
- Pineville**

10650 Park Rd.  
Suite 280  
Charlotte, NC 28210  
704.540.9299
- Prosperity Crossing**

5735 Prosperity Crossing Dr.  
Suite 100  
Charlotte, NC 28269  
704.464.5727
- Randolph**

1960 Randolph Rd.  
Suite 200  
Charlotte, NC 28207  
704.332.0583
- Rock Hill**

1656 Riverchase Blvd.  
Suite 1200  
Rock Hill, SC 29732  
803.327.9934
- SouthPark**

4525 Cameron Valley Pkwy.  
Suite 1000-A  
Charlotte, NC 28211  
704.365.0343
- Steele Creek**

13425 Hoover Creek Blvd.  
Suite 203  
Charlotte, NC 28273  
704.790.2990
- University**

101 W.T. Harris Blvd.  
Suite 2122-A  
Charlotte, NC 28262  
704.863.6148