



BlueCross BlueShield of Texas

A Mammogram Can Help Save Lives



A mammogram is an X-ray of the breast. It can help detect breast cancer up to three years before it can be felt. Starting at age 40, women should discuss this screening with their health provider.

Source: *What Is a Mammogram?* Centers for Disease Control and Prevention. 2018.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

9100421.0920

BlueResourceSM – Protecting Your Health – Screening for Breast Cancer

