



A mammogram may not be first on your to-do list...but it should be.

1 in 8 women will be diagnosed with breast cancer in their lifetime. Behind skin cancer, it's the most commonly diagnosed cancer in women. Early detection of breast cancer increases survival rates. An effective detection plan includes women becoming familiar with how their breasts look and feel and reporting any changes promptly to their healthcare provider—and an annual mammogram starting at age 40.

HFM Women's Imaging Center offers **3D mammograms** which are clinically proven to significantly increase detection of breast cancers; and are valuable in detecting cancer early.

Holy Family Memorial is committed to the fight against breast cancer. That's why we offer early morning, lunch hour and late afternoon appointments year round.

Call 320-6777 to schedule your mammogram.
No doctor referral needed.



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