

Early Detection is Your Best Protection

Have you had your mammogram? Early detection is your best protection. Most cancers give no warning signs in their early stages. There is usually no pain or visual sign, but cancer may still be there. When breast cancer is found in its early stage, the five-year survival rate is 97 percent. Starting at age 20 you should have a breast exam by your doctor at least once a year. You should have a mammogram annually after age 40. You should also become familiar with your breasts by performing a regular self-breast exam.

If you don't have health insurance, the YWCA can help you get a free screening or diagnostic mammogram. Simply follow the instructions below:

1. Visit your doctor for a clinical breast examination.
2. Ask your doctor for an order for either a screening or diagnostic mammogram.
3. Call the YWCA at 215-1324 to schedule an appointment for your mammogram at the Baton Rouge General Medical Center.

Choose the ENCOREplus program as your resource for getting your mammogram.

It could save your life.

Call 225.215.1325 for more information.

Hours of Operation:

Monday - Friday 8:30 a.m. - 5:00 p.m.



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