

Early Detection Is the Best Protection



Average lump found with yearly screening mammograms = 5 mm,
about the size of a small pearl



Average lump found with a one-time mammogram = 1 cm,
about the size of a pea



Average lump found by a health care provider with a clinical
breast exam = 1 ¼ cm, about the size of a marble



Average lump found by women who practice self-breast exams
once a month = 2 cm, about the size of a grape



Average lump found by women who occasionally examine
their own breasts = 3 cm, about the size of a walnut



Average lump found by accident = 3.5 cm,
about the size of a ping-pong ball

Schedule your mammogram today by calling **888-422-1410**.