



Breast care

Take charge of your health

Get your breast screening today!

SIEMENS
Healthineers 

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Why does breast screening matter?

- **Catch it early:** Spot changes before symptoms appear.
- **Better outcomes:** Early detection improves treatment success.^{1,2}
- **Save lives:** Thousands are saved each year through screening.^{1,2}

Breast screening is quick and safe. The majority of women feel better – physically and emotionally – when they take charge of their health.



What do I need to know about screening?

- The breast is compressed, because this helps ensure accurate diagnosis.
- Some results may show unusual tissue – this might mean more tests, such as extra imaging or a biopsy.
- In rare cases, screening can miss changes – so regular checkups and self-awareness are key.

How can I optimize my breast health?

For even better care, talk to your doctor about:

- **Breast density**
- **Family history and risk level**
- **Smoking and healthy lifestyle changes**



How can I prepare? Try these simple tips:



Focus on the benefits

Remember, screening is a powerful step to protect your health.



Bring a friend

Having someone you trust with you can provide extra support.



Ask questions

Write down your questions and learn what to expect by talking with healthcare professionals – they are there to help you.



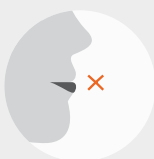
Mindful breathing

Slowly breathe in through your nose, hold your breath, then breathe out through your mouth. Repeat a few times to relax.

Mindful breathing to stay calm and relax



Breathe in
4 sec



Hold breath
4 sec



Breathe out
6 sec

Repeat multiple times

"If there's one thing I can say to any woman out there, it would be to take care of yourself. Get your mammo-gram, prioritize your health, now!"



Natalie Harrison
Today a healthy woman.



Next steps

Book your appointment:

Call	
Date, time	
Location	

We welcome women aged:

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Access additional
videos and support
materials here.

"Thank you for taking the time to read this material. It was created with contributions from many voices – healthy individuals, patients, leaders in mammography, and medtech employees and their families around the world – all united in supporting better breast health for everyone."

References

1 – Al Hasan SM, Bennett DL, Toriola AT. Screening programmes and breast cancer mortality: an observational study of 194 countries. *Bull World Health Organ.* 2025 Aug 1;103(8):470-483. doi: 10.2471/BLT.24.292529.

2 – Evaluation of breast cancer mortality in Germany's mammography screening program.

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