Log on to your *my*HealthPartners account at **healthpartners.com** to find a doctor. Or, download the **myHP** mobile app to search for care on your smart phone.

# With age comes wisdom

**And regular mammograms**

## Did you know?

Women over 50 have an increased risk of breast cancer, even without a family history. That’s why doctors recommend getting screened every two years.

We know you’re busy, but a mammogram is worth the time. Mammograms have been shown to lower the risk of dying from breast cancer by 35 percent in women over 50. Regular screenings help find cancer early, when treatment is most successful.

Don’t delay – make an appointment today. Make sure you’re getting the regular check-ups you need to stay healthy for years to come.