Make Breast Health a Priority at Every Age

Breast health experts recommend annual screening mammograms starting at age 40 and continuing every 12 months, not just every calendar year. We know that prioritizing self-care – including your breast health – can be challenging, but it’s essential at every age! And it’s a practice that should begin long before 40.

Knowing your body is key in the early detection of breast cancer. The better you know your breasts, the more likely you’ll be to notice subtle changes that may occur over time. And breast cancer is the most treatable when it’s found in its earliest stages. Early detection saves lives!

Recommendations for Early Breast Cancer Detection

- Monthly self-breast exams for all women, beginning in early-20s
- Clinical breast exam at least every three years, as part of a regular health exam, for women in their 20s and 30s
- Annual screening mammogram for women 40+ and yearly clinical breast exams
- Earlier and/or annual diagnostic screenings for women with known risk factors

Most insurance plans cover annual mammograms 100% for women 40+.

Know your breasts.

Being "breast aware" is essential to noticing changes that may occur. Make a point to know your body, performing monthly self-breast exams. And always report changes to your healthcare provider!

Live a healthy, balanced life.

Remember that breast health is just one part of your overall wellness! To maintain an active, healthy lifestyle, be sure to exercise regularly, get plenty of sleep, stick to a diet rich in fruits, vegetables and protein, and drink lots of water. Managing stress is also essential to good health, so make time for friends, family and activities you enjoy.

We all have a reason to make breast health a priority. Find your reason.

Schedule your mammogram today.
CharlotteRadiology.com | 704.367.2232
Charlotte Radiology is your partner in breast health.

You can also scan and self-schedule your screening mammogram!

View appointment availability real-time by location and date, select and confirm. It’s that easy!

Most insurance plans cover screening mammograms 100%

Evening & Saturday appointments available at select locations

No referral forms required for annual screening mammograms

Charlotte Radiology has 15 convenient breast center locations

LOCATIONS & SERVICE OFFERINGS

- Screening Mammography
- Diagnostic Mammography
- Screening Breast Ultrasound
- Bone Density (DEXA)
- Breast MRI

1. Ballantyne
   12335 N. Community House Rd.
   Suite B
   Charlotte, NC 28277
   704.684.8204

2. Blakeney
   8918 Blakeney Professional Dr.
   Suite 140
   Charlotte, NC 28277
   704.831.4221

3. Huntersville
   16455 Statesville Rd.
   Suite 110-B
   Huntersville, NC 28078
   704.895.3445

4. Matthews
   1401 Matthews Township Pkwy.
   Suite 310-A
   Matthews, NC 28105
   704.844.9040

5. Medical Center Plaza
   1001 Blythe Blvd.
   Suite 103
   Charlotte, NC 28203
   704.355.6200

6. Monroe
   1550 Faulk St.
   Suite 1200
   Monroe, NC 28112
   704.292.2272

7. Mooresville
   132 Gateway Blvd.
   Suite A
   Mooresville, NC 28117
   704.235.6446

8. Morehead Medical Plaza
   1025 Morehead Medical Dr.
   Suite 150
   Charlotte, NC 28204
   704.831.4200

9. Pineville
   10650 Park Rd.
   Suite 280
   Charlotte, NC 28210
   704.540.9299

10. Prosperity Crossing
    5735 Prosperity Crossing Dr.
    Suite 100
    Charlotte, NC 28269
    704.464.5727

11. Randolph
    1960 Randolph Rd.
    Suite 200
    Charlotte, NC 28207
    704.332.0583

12. Rock Hill
    1656 Riverchase Blvd.
    Suite 1200
    Rock Hill, SC 29732
    803.327.9934

13. SouthPark
    14525 Cameron Valley Pkwy.
    Suite 100-A
    Charlotte, NC 28273
    704.365.0343

14. Steele Creek
    13425 Hoover Creek Blvd.
    Suite 203
    Charlotte, NC 28273
    704.790.2990

15. University
    101 W.T. Harris Blvd.
    Suite 2122-A
    Charlotte, NC 28262
    704.863.6148

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