

BREAST CANCER



MYTHS

DEBUNKED

**CARRYING A CELL PHONE IN
YOUR BRA INCREASES YOUR
RISK FOR BREAST CANCER**



MYTH

There is no data to support that carrying your cell phone in your bra results in breast cancer.

Organizations such as FDA, CDC, FCC, and others have not found direct evidence to support this.

- Amy Chudgar, MD

**I ALWAYS HAVE A NORMAL
MAMMOGRAM, SO I DONT
NEED TO GO EVERY YEAR**



MYTH

Breast health experts recommend women have a mammogram every 12 months starting at age 40.

Even if your annual results are always normal, small changes in the breast tissue can be detected in a mammogram up to 2-3 years before they become large enough to be felt by you or a physician.

- Amy Chudgar, MD