

A woman with her hair in a bun is performing a handstand on a purple yoga mat laid on a grassy lawn. She is wearing a pink tank top, black leggings, and patterned socks. Her right leg is extended upwards, and her left leg is bent at the knee. The background shows a park with trees and a pond under a clear blue sky.

I DISCOVERED
A TUMOR
IN MY BREAST, AND
MY BREAST, THEN
I DISCOVERED
MY CENTER.

Louisa Drouet, Breast Cancer Survivor

Louisa is a breast cancer survivor who now travels the world practicing yoga. For her and many others, early detection was key.

The American College of Radiology recommends annual mammograms for women of average risk, beginning at age 40.

For more information and to schedule yours, visit www.uhealth.org/mammo.

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