



HEATHER LANDY

'You're 40,' she said, looking at my chart.

'Time for a mammogram.'

I was incredulous. 'I heard the guidelines have changed?' She was unwavering.

'We go at 40.' she said.

She wrote out the order and recommended an imaging center nearby. ***I had two tumors.*** The good news was my cancer was caught very early. ***Starting breast cancer screening at 40 saved my life.***

#40andEmpowered