

Know your choices. Be an advocate for your health.

Do it for yourself. Do it for those who love you.

Remember, you are the best person to be your own health advocate, so don't stop until you know you've received the best care possible. Here are some areas of your health you may want to discuss with your physician (if they apply to you).



HOLOGIC[™]

The Women's Health Company



You can protect yourself against cervical cancer

It's not always easy to talk about things like OB-GYN exams and Pap tests. But it's important to know the facts so you can make informed decisions about taking care of yourself. Because the more you know about the HPV virus and cervical health, the more you can do to fend off the most preventable form of cancer in the world.

Cervical cancer develops from abnormal cells in the cervical lining. Routine Pap testing can identify these cells before they become invasive, making cervical cancer one of the most preventable cancers. Whether you're 18 or 72, you should see your OB-GYN at least once a year. To learn more about how to protect yourself against cervical cancer, visit thinprep.com.

If you're pregnant or planning to get pregnant

Many pregnant women aren't aware of their risks for having a premature baby. Understanding your risks can help you play an active role in your pregnancy and your baby's health. There is a test available to you that is a safe, reliable way to find out if your body is getting ready to deliver your baby prior to your due date. A fetal fibronectin test is a simple, non-invasive test that can be given in your doctor's office. To find out more, visit ffntest.com.



Early detection is the key. Mammograms save lives.

Mammograms play a central part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt.

With early detection, over 90 percent of women diagnosed can survive. In most cases, mammography can identify an abnormal breast mass as much as two years before it can be detected by touch. If you are over 40, don't delay, schedule your mammogram today. To find a digital mammography center near you, email womenshealth@hologic.com.



A more comfortable mammogram

Some women may avoid or delay having their annual mammogram due to the discomfort associated with the exam. MammoPad® is a soft, foam pad that creates a cushion between you and the mammography machine. So you can relax, knowing your mammogram will be soft, warm and comfortable. To learn more visit mammopad.com.

If you are diagnosed with breast cancer. Know your choices.

New research and advanced technology gives women with early stage breast cancer treatment choices beyond mastectomy and whole breast radiation. You may be a candidate for a 5-day targeted radiation therapy that works from the inside, meaning that a higher daily radiation dose can be used for a shorter period of time – 5 days vs. 5-7 weeks, allowing you to get back to your normal life sooner. To find out more, visit mammosite.com, or to connect with other women who have opted for this treatment, visit voicesofmammosite.com.



Do you suffer from heavy periods?

One out of five women experience excessive menstrual bleeding. Many women think that bleeding heavily for 4 to 5 days or changing their pad every hour is something they have to live with. Others are afraid that their only treatment options are hormones or a hysterectomy. Endometrial ablation is a simple, safe and effective procedure that can be done without anesthesia in your doctor's office or in an outpatient setting. Talk with your doctor about how to lighten or stop your periods, or visit novasure.com.



Are you done with childbearing?

Permanent contraception
might be right for you.

If you are absolutely sure that you never want to have any children in the future, and would like the certainty and convenience of permanent birth control, then permanent contraception may be right for you. There is now a safe, simple, minimally invasive procedure that can be performed right in your doctor's office.

To find out if permanent contraception is right for you, visit adiana.com.

Did you know osteoporosis is both preventable and treatable?

Simple common sense life choices such as a healthy diet, active living and reduced alcohol and smoking can reduce your risk. Preventative treatments do work, but most people who need them don't know until it's too late. If you are over 50, ask your doctor about bone density testing. Learn more about osteoporosis and what you can now do to help prevent against it by visiting hologic.com/patient-education.





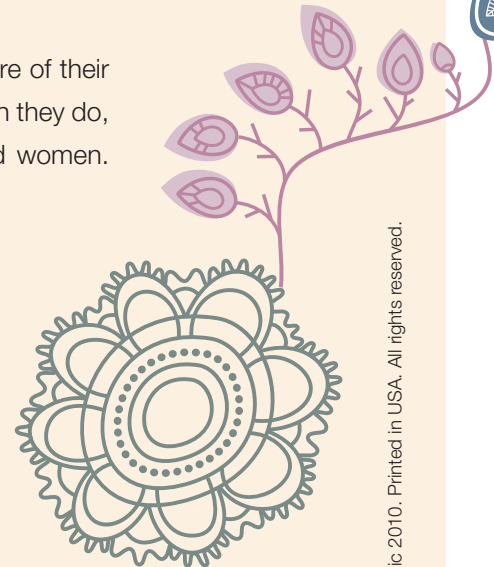
HOLOGIC™
The Women's Health Company

*Make it a priority.
Keep yourself healthy.*

We are the core of our families, the leader at the office, the caretaker to our parents, the friend that can be relied upon. We are an integral part of a strong society. When we are strong, we can do more for the people around us. And more for ourselves.

We are asking women around the world to make the promise to take care of their health and to pass this message on to all of the women in their lives. When they do, Hologic will donate \$1 towards preventative healthcare for underserved women. Help us reach our goal. Please, make the promise. Then pass it on.

promisetome.com



**BREAST CANCER DETECTION • CERVICAL CANCER SCREENING • ENDOMETRIAL ABLATION
PRENATAL HEALTH • OSTEOPOROSIS ASSESSMENT**

For more information, visit www.hologic.com.