

Learn more about mammograms

Maybe it's a friend or a loved one, but chances are you know someone who has had breast cancer. It affects about 1 in 8 women born in the U.S. at some point in their lives. The good news is that many women can survive this condition. The key is getting screened with a mammogram.

What is a mammogram?

A mammogram is an X-ray of the breast. It can help find breast cancer early, when it is easier to treat. Often it can find tumors that are too small for you or your doctor to feel.

What are the benefits of mammograms?

A mammogram is one of the most effective screening tools for breast cancer. Studies show that mammograms can help reduce the number of breast cancer deaths in women ages 40 to 74.

What are the risks of mammograms?

Like other screening tests, mammograms do have some limits. The mammogram may:

- Miss some cancers, which can delay treatment
- Show something that looks like a tumor when it's not (called a false-positive)
- Cause a little discomfort for some women
- Expose you to small amounts of radiation (with a very low risk of cell or tissue damage)



If found early,
BREAST CANCER
is easier to treat.

**Talk to your doctor about
the best time to
start getting mammograms**

See other side to learn about getting your first mammogram

When should you start getting mammograms?

Talk to your doctor about the best time for you



All experts agree that every woman should be getting mammograms by age 50

If you have a history of breast cancer in your family, you may want to start sooner.

What the experts say . . .

The American Cancer Society recommends that most women begin screening at age 40. After that they should have a mammogram every year.

The U.S. Preventive Services Task Force recommends that most women begin screening at age 50. After that they should have a mammogram every 2 years.

Sources: Breast Cancer Screening—for health professionals (PDQ®). National Cancer Institute. Retrieved October 2, 2015, from: <http://www.cancer.gov/types/breast/hp/breast-screening-pdq>. Breast Cancer Screening: When Should I Start Having Mammograms? Healthwise. Retrieved October 2, 2015 from: <https://www.myactivehealth.com/hwcontent/content/decisionpoint/abh0460.html#abh046>. Mammogram Test Overview. Healthwise. Retrieved October 2, 2015, from: <https://www.myactivehealth.com/hwcontent/content/medicaltest/hw214210.html>



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