Let’s Talk About Mammograms
Mary: Wow – you know I just turned 45; it’s time for my mammogram.

Yolanda: I’ve put it off … I’m afraid of what they might find!

Mary: I know what you mean. But if I have breast cancer, I’d rather find it when it’s small. I want to take care of my health. My family needs me.

Yolanda: That makes sense to me. I would rather know and live!

Why should I have one?

- As you get older, your chances of having breast cancer go up. Women can get breast cancer even after menopause.

- Even if you have no changes or lumps in your breast, you should get regular mammograms.

- Even if you have no breast cancer in your family, you still need mammograms.

- If you do have breast cancer, finding it early could help you live to do the things that are important to you.
I have heard it hurts.

When the plates press your breast, this “squeeze” might hurt for a minute. Some women say that it’s painful; others say that it doesn’t hurt at all.

What happens if they find something?

If something is seen on the mammogram, it doesn’t mean that you have breast cancer. You might need more tests. Then your doctor can make the best plan for you.

How much does a mammogram cost?

Most health plans and Medicare cover the cost of mammograms. If you have Medicaid or have no insurance, you may be able to get a free mammogram in your state. Check with your health department.

To get my mammogram I should call:

- My doctor or nurse
- My local health center or women’s clinic
- The American Cancer Society at **1-800-227-2345** and ask for help getting a mammogram where I live.

What is a mammogram?

A mammogram is an x-ray of your breast. It can find breast changes that are too small for you or your doctor or nurse to feel.

How is a mammogram done?

You stand in front of the x-ray machine and place your breast between two plastic plates. Those plates press each breast to make it flat to get a good picture.
Remember:

- Anyone can get breast cancer. But your chances go up as you get older.
- Even small breast cancers can be found with a mammogram.
- If breast cancer is found when it’s small and before it has spread, it’s easier to treat.

Steps I’m willing to take for my health:

- I will call **1-800-227-2345** to find out more about mammograms and breast cancer.
- I will ask my doctor or nurse how to get a mammogram.
- I will schedule my mammogram.
- I will call if I don’t get the results of my mammogram.

For cancer information, day-to-day help, and emotional support, call the American Cancer Society at **1-800-227-2345**. We’re here when you need us – 24 hours a day, 7 days a week.