

Spread the Word About **Mammograms**

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Why should I have a mammogram?

A mammogram can find breast cancer that is too small for you, your doctor, or nurse to feel. Tests show that if you are age 50 or over, getting a mammogram every 1 to 2 years could help save your life.

What is a mammogram?

A mammogram is an x-ray picture of the breast.

How do I know if I need a mammogram?

If you are age 50 or over, it is very important to get a mammogram every 1 to 2 years.

How often should I get a mammogram?

Cancer can show up at any time—so one mammogram is not enough. It is important to return for mammograms every 1 to 2 years.

If you find a lump or see other changes in your breast, see your doctor right away.



How is a mammogram done?

You will stand in front of a machine. The person who takes the x-rays will place your breast between two plastic plates.

The plates will press your breast and make it flat. This may be uncomfortable for a few seconds, but it helps to get a clear picture.

You will have x-rays taken of one breast at a time. It takes only a few seconds to have a breast x-ray.



If you are age 50 or over, make an appointment for a mammogram today. A mammogram could help save your life.

Where can I get a mammogram?

To find out where you can get a mammogram:

- ▶ Ask your doctor or nurse.
- ▶ Ask your local health department or clinic.
- ▶ Call the National Cancer Institute's Cancer Information Service at **1-800-4-CANCER** (1-800-422-6237).



To learn more about mammograms, call the National Cancer Institute's Cancer Information Service at **1-800-4-CANCER** (1-800-422-6237).

Persons with TTY equipment, dial **1-800-332-8615**.

NATIONAL
CANCER
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American Council
of the Blind

NIH Publication No. 96-3418V

Printed September 1996

RL-4

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • National Institutes of Health