



DID YOU KNOW?

MAMMOGRAM

Early Detection is the Best Defense

If you're a woman over 40 or you have a family history of breast cancer, a yearly screening mammogram is one of the most important things you can do to take care of yourself.

Early detection gives you the best chance of beating breast cancer. A mammogram can often find or detect breast cancer early, when it's small and even before a lump can be felt.

There are two main types of mammograms, screening and diagnostic. A screening mammogram is used to look for signs of breast cancer in women who don't have any breast symptoms or problems. X-ray pictures of each breast are taken, typically from different angles. A diagnostic mammogram is used to look at a woman's breast if she has breast symptoms or if a change is seen on a screening mammogram. They may include additional images of the breast that aren't included in a screening mammogram.

If your mother, sister, or daughter has been diagnosed with breast cancer, discuss with your health care provider when to start. Your provider may advise you to get your first mammogram 10 years earlier than the age that your relative was diagnosed with breast cancer.

Mammograms expose the breasts to a small amount of radiation; however, the benefits of mammography outweigh any possible harm from the radiation exposure. Modern machines use low radiation doses to get breast x-rays that are high in image quality.



8 tips to reduce your risk

- 1 Get a mammogram. Talk to your doctor about when to start.
- 2 Get active — do things you love.
- 3 Limit alcohol. The more alcohol you drink, the greater the risk.
- 4 Quit smoking. There's a link between smoking and breast cancer risk.
- 5 Maintain a healthy weight. Being overweight increases the risk of breast cancer.
- 6 Breastfeed. It may play a role in breast cancer prevention.
- 7 Talk to your doctor about effects of hormone therapy.
- 8 Eat a healthy diet.