

Mammogram

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Mammograms (breast x-rays) can find a lump in your breast while it is still too small for you, your doctor, or your nurse to feel.
- Most breast cancers are treated more easily when found early.
- Get a mammogram every 1 to 2 years if you are 40 or older.
- Make sure to tell your doctor if your mother or a sister has had breast cancer. If so, you may need to have mammograms more often than other women.
- Your doctor may also examine your breasts.