

## How do I get a mammogram?

- ❖ Ask your doctor today about a referral.
- ❖ If you have Medicare, it pays for most of the cost of your mammogram once every 12 months.
- ❖ Check with your insurance plan about costs and copayments.
- ❖ Make an appointment with a mammography center approved by the U.S. Food and Drug Administration (FDA). Your doctor or nurse can help you find one.
- ❖ When you go for your mammogram, do not wear lotions, powders, perfumes, or deodorant. They can cause shadows on the X-ray picture.
- ❖ Follow up with your doctor to get the results.

## What else can I do?

- ❖ If you are in your 40s or older, get a mammogram every 1 to 2 years.
- ❖ Ask your doctor or nurse to give you a clinical breast exam every year.



**A Woman's Chance of Being Diagnosed With Breast Cancer Is:**

By age 40 ...	1 out of 257
By age 50 ...	1 out of 67
By age 60 ...	1 out of 36
By age 70 ...	1 out of 28
By age 80 ...	1 out of 24
Ever.....	1 out of 8

Source: National Cancer Institute Surveillance, Epidemiology, and End Results Program, 1997

## Where can I learn more?

For more information in English, call the National Cancer Institute's Cancer Information Service:  
1-800-4-CANCER  
(1-800-422-6237)  
TTY/TTD: 1-800-332-8615

You can also visit the National Cancer Institute's Web site at:  
[www.cancer.gov](http://www.cancer.gov)

For Medicare information, visit Medicare's Web site at:  
[www.medicare.gov](http://www.medicare.gov)

Or call:  
1-800-MEDICARE  
(1-800-633-4227)  
TTY/TTD: 1-877-486-2048



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**Do It for Yourself  
Do It for Your Family**

**Get a Mammogram  
Every 1 to 2 Years**



**Take care of your  
health now, so you  
can be there for  
your family later.**

## Are you at risk for breast cancer?

Simply being a woman and getting older puts you at risk for breast cancer. The older you are, the greater your chances of getting breast cancer. Also, you are at higher risk if your mother, sister, or daughter has had breast cancer.



Breast cancer is the leading cancer among women of many Asian and Pacific Islander groups in the U.S. Many women do not know they have breast cancer until it is advanced.

Finding the disease early with mammograms and breast exams by your doctor or nurse can save your life. For yourself and your family, call your doctor for an exam and a mammogram today.

## What is a mammogram?

A mammogram is a low-dose X-ray picture of the breast. A mammogram along with a breast exam by your doctor or nurse can find breast cancer at an early stage when it can best be treated. A mammogram **does not** cause cancer. Because the amount of radiation used is very low, the risk of any harm is extremely small.

## What happens during a mammogram?

A mammogram is a simple test. When you go for a mammogram, the technician taking the picture will place your breast between two X-ray panels. The panels will push your breast between them to get a clear picture. You may feel a little bit of discomfort but each X-ray takes less than 1 minute.



## Who should get one?

Women in their 40s and older should get a mammogram every 1 to 2 years. A woman's chance of getting breast cancer is greater as she ages.

## Why should I have one?

Mammograms can save your life by finding breast cancer early. A mammogram can show cancer that is too small for you or your doctor to feel. When breast cancer is found early, you have more treatment options.

“Early detection will give you more treatment options and certainly a better chance to survive.”  
—Robin Chin, breast cancer survivor

## How will I pay?

If you have Medicare and are aged 40 or older, Medicare pays for most of the cost of a screening mammogram every 12 months. If needed, Medicare will pay for a diagnostic mammogram at any time. There may also be low- and no-cost screening programs where you live.



**Not just once, but for a lifetime. Mammograms can save lives.**