

Take care of yourself! Your loved ones need you.

How to get a mammogram

A mammogram is a low-dose X-ray picture of the breast that can detect breast cancer at an early stage when it can best be treated. A mammogram can detect a lump that is too small for you or your doctor to feel.

How is a mammogram done?

You stand in front of the X-ray machine. The technician taking the picture will place your breast between two X-ray panels. The plates gently press your breast and make it flat. You will feel pressure on your breast for a few seconds. You will have two pictures taken of each breast. Each X-ray takes less than a minute.

How do I get a mammogram?

Ask your doctor today about a referral for a mammogram. You will then make an appointment with a mammography center approved by the U.S. Food and Drug Administration. Your doctor or nurse should be able to help you find one. You can also call the American Cancer Society at 1-800-227-2345.

What should I do on the day of my mammogram appointment?

- ✿ Wear a top and pants or a skirt so that you only have to undress from the waist up.
- ✿ Do not wear any deodorant, perfume, lotion or powder under your arms or on your breasts. These things can make shadows on your mammogram.

What happens after my mammogram appointment?

After your mammogram, a radiologist will review your results. Tell the facility the name of the doctor who should receive your results and ask for your own copy. If you do not get the results within 10 days, call the facility.



**See your doctor today
about a mammogram!**

Other tips

- ✿ Try to schedule your mammogram at the same facility each year or ask that your mammogram films be sent to your new facility.
- ✿ If follow-up exams or procedures are recommended, schedule them promptly.
- ✿ About 93 percent of women have normal results. You should continue to have a mammogram every year along with monthly breast self-examinations and yearly breast exams by your doctor.