

Tips for having a mammogram

- ❖ Wear a two-piece outfit so that you will only have to remove your top for the mammogram.
- ❖ Schedule your mammogram when your breasts are not as tender or sensitive.
- ❖ Do not wear any deodorant, talc or lotion in the breast area or underarms.
- ❖ Remove all jewelry from your neck and chest area before the mammogram.
- ❖ Try to have your mammogram done at the same facility you have used before. If you are changing the mammography facility, take copies of your previous mammogram results so they can compare the new films.
- ❖ Take your doctor's address and phone number with you so that the facility can send the results to your doctor.



Resources

Contact the following organizations for:

- Answers to your questions about breast cancer
- Educational materials
- Information about where to get a mammogram
- Information on low-cost mammograms
- Local events and activities

**Breast and Cervical Cancer Services (BCCS)
Program, Texas Department of State
Health Services.**

512-458-7796

**National Cancer Institute
Cancer Information Service**

1-800-422-6237
TTY: 1-800-332-8615
www.nci.nih.gov

American Cancer Society

1-800-227-2345
www.cancer.org

Susan G. Komen Breast Cancer Foundation

1-800-462-9273
www.breastcancerinfo.com



**Get a
MAMMOGRAM**

**Your loved ones
need you!**



“I don’t feel any pain or lumps. Do I still need a mammogram?”

Q. What is breast cancer?

A. Breast cancer is a cancerous tumor that starts in the breast. It is the second most common cancer among women. Over 97 percent of breast cancers can be treated successfully if they are found early. The best way to find breast cancer early is with a mammogram.

Q. What is a mammogram?

A. A mammogram is a picture of the breast. Mammograms are 85 to 90 percent successful in finding breast cancers up to two years before you or your doctor can feel a lump.

Q. Who should have a mammogram?

A. All women age 40 and older should have a mammogram every year. Your chance of getting breast

cancer increases as you age. Over 75 percent of new breast cancer cases occur in women age 50 and older.

Q. No one in my family had breast cancer. Do I still need a mammogram?

A. Yes! The majority of women who get breast cancer have no family history of the disease.

Q. I don’t feel any pain or lumps in my breasts. Should I still get a mammogram?

A. Yes! You may not feel any pain or lumps if you have breast cancer. Breast cancer may not have any symptoms. That’s why it’s important for you to get your mammogram every year, perform monthly self breast exams and have regular clinical breast exams done by your doctor.

Q. How is a mammogram done?

A. During a mammogram, your breasts are gently pressed flat between two x-ray panels. You will feel pressure on your breasts for a few seconds while a picture is taken from the top and from the side. The entire procedure only takes a few minutes.

Q. Does a mammogram hurt?

A. Not usually. Some women may experience discomfort for a few seconds while the x-ray is

taken. For most women, this discomfort is mild and worthwhile because they want to be there for their family. Most women do not experience pain. If you do experience pain during the mammogram, tell the technician.

Q. Will radiation from a mammogram hurt me?

A. No. Mammograms are safe. There is very little radiation exposure. The amount of radiation is similar to what you would get on a long plane flight.



“Does a mammogram hurt?”