



Get a Mammogram

You can't prevent breast cancer, but you can help fight breast cancer by making sure you get the screenings you need to detect any problems early.

A yearly mammogram is recommended for all women age 40 and older as long as they are in good health.

(see helpful mammogram tips on other side)



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Helpful Mammogram Tips from the American Cancer Society

- Schedule your mammogram when your breasts are not tender or swollen to help reduce discomfort and ensure a good picture. Try to avoid the week just before your period.
- On the day of your mammogram, don't wear deodorant or antiperspirant. Some of these contain ingredients that can interfere with the reading of the mammogram.
- You might want to wear a skirt or pants, so you'll only need to remove your top for the exam.
- If you do not hear from your doctor within 10 days, do not assume your mammogram was normal – call your doctor or the facility to follow up.

Source: www.cancer.org

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