



Is it time for your mammogram?

Breast cancer screening



Getting screened for breast cancer is one of the best things you can do for your health. Here are some answers to questions people ask.

What are warning signs of breast cancer?

Signs may include:

- Pain in any area of the breast
- New lump in the breast or armpit
- A part of the breast is thicker or swollen
- Any change in size and shape of the breast
- The skin of your breast is irritated or has dimples
- The skin of your breast is red or flaky, including around the nipple
- The nipple pulls into the breast
- The nipple leaks unusual fluid or blood

Many people may not see or feel any signs. That's why it's important to get screened.

Why is finding breast cancer so important?

Breast cancer can grow and spread to other parts of the body. Finding it early before it spreads is important. That's when it's easier to stop the cancer.

How do you screen for breast cancer?

The best choice for screening is a mammogram. This is an X-ray picture of the breast. It's used to look for early signs of breast cancer.

In the United States, breast cancer is the second most common cancer among women. It causes

40,000

deaths each year.

Who should be screened for breast cancer?

The United States Preventative Services Task Force* (USPSTF) recommends women who are:

- Ages 40 to 74 should get mammograms every two years.

Other expert organizations such as the American Cancer Society and ACOG have differing recommendations.

When is the best time to have a mammogram?

Anytime is a good time. If you have sensitive breasts and you are still having a period, try not to have it the week before your period. Mammograms shouldn't be painful. But you may feel some pressure while the pictures are taken.

How do I prepare for a mammogram?

Here's how to prepare on the day of the test. Don't use these things under your arms or on your breast:

- Deodorant
- Powder
- Perfume
- Cream

You'll need to take off any top and bra. Please dress comfortably.

When will I get the results of the mammogram?

Your doctor will follow up with you about your results and next steps.

* The U.S. Preventive Services Task Force (USPSTF) is an independent group of national experts in prevention and evidence-based medicine that makes recommendations about clinical preventive services.



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