What is a mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool we have today to find breast cancer early, when it is most treatable. It can find breast cancer when it is very small, even too small to feel. It can also detect abnormal changes to the skin and calcifications. Mammography does a good job of finding cancer for most women. However, it is most accurate when used with another screening test called clinical breast exam.

Approximate Size of Tumors Found By Mammography

Compared to Commonly Used Coins

Average-size lump found by yearly mammogram when past films can be compared.

Average-size lump found by first mammogram.

Average-size lump found by accident.

1-877 GO KOMEN (1-877-465-6636) www.komen.org

Susan G. Komen for the Cure® does not provide medical advice. Adapted from the Mammography Card, Item No. KOMED007100 on 03/02/2012 with the permission of Susan G. Komen for the Cure. Prepared in collaboration with the Cherokee Nation Translation Department which provided the Cherokee language translations.
Questions & Answers about Mammography

**Are mammograms painful?**
To get a good picture, the technologist needs to flatten the breast. You may feel some pressure, but it only lasts a few seconds. It shouldn’t hurt. Let the technologist know if you feel any pain.

**Is the radiation in mammography harmful?**
A woman is exposed to a small amount of radiation during a mammogram. While the radiation exposure during mammography can increase the risk of breast cancer, this increase in risk is very small. Studies show that the benefits of mammography far outweigh the risks.

**How can I get a mammogram?**
Call your doctor for a referral.

**What if I cannot afford a mammogram?**
Most insurance plans, including Medicare, cover the cost of mammograms. However, if you cannot afford one or do not have insurance, call our breast care helpline at 1-877 GO KOMEN (1-877-465-6636) for free or low cost options in your area.

Susan G. Komen for the Cure recommends that you:

- Talk to your family to learn about your family history.
- Talk to your doctor about your personal risk of breast cancer.
- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Know how your breasts look and feel and report changes to your health care provider.
- Make healthy lifestyle choices that may reduce your risk of breast cancer.