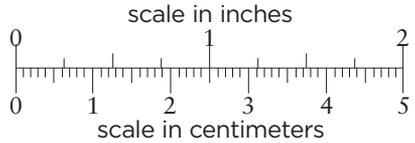


## Size of Tumors Found by Mammography and Breast Self-Exam

### Compare to Commonly Used Coins



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



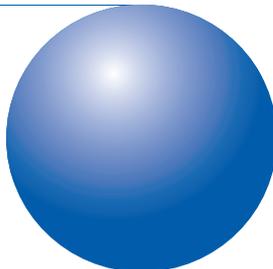
Average-size lump found by first mammogram.



Average-size lump found by women doing regular BSE.



Average-size lump found by accident.



## What is a mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool available today to find breast cancer early. It can find breast cancer when it is very small, even too small to feel. It can also detect calcifications and abnormal changes to the skin.

## How can I get a mammogram?

Call your doctor for a referral. It is best to see your doctor for a breast exam before you get your mammogram.

## Is it painful?

To get a good picture, the technologist needs to flatten the breast. You may feel a little pain, but it only lasts a few seconds.

## What if I cannot afford a mammogram?

If you can't afford a mammogram, Medicare and most insurance plans cover it. Call our Breast Care Helpline (1-800 I'M AWARE or 1-800-462-9273) for free or low cost options in your area.

## Susan G. Komen for the Cure recommends the following:

1. Have a mammogram every year starting at age 40.
  - If you are under 40 and have breast cancer in your family or are worried about your breasts, talk to your doctor.
2. Have a clinical breast exam by your doctor or nurse at least every 3 years starting at age 20, and every year after the age of 40.
3. Do BSE (Breast Self-Exam) each month starting by the age of 20.
  - Get to know your breasts. Report any changes to your doctor or nurse.