

MAMMOGRAPHY INFORMATION




MAMMOGRAMS

"I think those mammograms are vital for early detection!"
Mary Lou Davis (Caddo/Cherokee)






WHAT IS A MAMMOGRAM ?

A Mammogram is a safe X-ray of each breast which can help find breast cancer at a very early stage.

WHAT DOES A MAMMOGRAM DO ?

-  It can find a tumor that is the size of the period at the end of this sentence.
-  It can find cancer before there are symptoms.
-  It can find the cancer about 90% of the time.

WHEN YOU HAVE A MAMMOGRAM:

-  The machine presses paddles against the top and bottom of the breast when the X-rays are taken. Then the machine presses the breast from side to side to help check your lymph nodes.
-  You may feel some discomfort from the paddles pressing on your breasts, but this does not last long.
-  The amount of radiation you are exposed to is the same as when you take a 30 minute walk in the sunshine.
-  It only takes about 15 minutes to have a mammogram.
-  You can feel a sense of empowerment in taking care of your health.

Breast cancer is more likely to be cured if it is diagnosed and treated early