

MAMMOGRAM FAQs: WHAT YOU NEED TO KNOW

A mammogram serves a critical function: early detection of breast cancer. If you're taking this test for the first time, these questions are probably on your mind.

What is the test like?

One at a time, your breasts will be squeezed between two plates to minimize radiation exposure and produce a sharp X-ray image. Expect discomfort or even pain.

How do I prepare?

To minimize pain, don't schedule during or near your menstrual cycle. Check with your doctor about pre-test pain medication. No deodorant, perfume or lotions in the breast area.

How long does the mammogram take?

Only about 15 – 20 minutes, and the uncomfortable squeezing lasts only a few seconds.

When can I expect to get the results?

Normally, 10 days to two weeks.

Is the radiation from the test harmful?

The dosage is small and the risk very low.

What if the test reveals a problem?

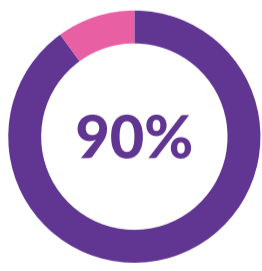
Your doctor will contact you to discuss next steps.

What does a mammogram detect?

Most importantly, early detection of breast cancer. Other lumps and abnormalities may be detected.

When should I get a mammogram?

Immediately if you detect any lumps or changes in your breast. Women should have screening tests annually beginning at age 40.



90% of women who get a screening mammogram **have normal results.**

acraccreditation.org/mammography-saves-live

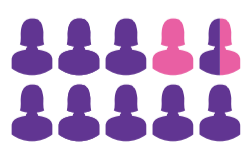
Over **275,000 new cases** of breast cancer will be diagnosed **in women in 2020.**

cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html

Only 50% of women over 40 have had a mammogram in the past year.*

3.5 million women with a history of breast cancer **are still alive.***

* cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/breast-cancer-facts-and-figures-2017-2018.pdf



U.S women have a **12.4% lifetime risk of a breast cancer** diagnosis.*

If the cancer is located only in the breast, the **5-year survival rate is 99%.** The average 5-year survival rate for women with invasive breast cancer is 91%.

cancer.net/cancer-types/breast-cancer/statistics