1.40 inches or 3.6 cm
Average-size lump found by accident.

0.88 inches or 2.2 cm
Average-size lump found by women practicing regular BSE.

0.59 inches or 1.5 cm
Average-size lump found by first mammogram.

0.43 inches or 1.1 cm
Average-size lump found by getting yearly mammograms when past lumps can be compared.

Size of lumps found by mammography and breast self-exam.
1. What is a mammogram?
A mammogram is an x-ray of the breasts. This is the best screening tool widely available to detect breast cancer at its earliest stages.

2. How can I get a mammogram?
Contact your doctor for a referral. It is best to see a doctor in his or her office.

3. Is it painful?
No, it only lasts a few seconds. However, the breast may feel uncomfortable.

4. What if I cannot afford a mammogram?
If you have insurance, most plans cover the mammogram.

The Susan G. Komen Breast Cancer Foundation
1.800.422.9273 (for services in your area)
1.800.IM.AWARE (to call or text, please)
1.800.462.9273

Monthly breast self-examination starting by age 20.
Clinical breast examination by a trained medical professional at least every 3 years starting at age 20.
Annual screening mammography for women aged 40 and annually after age 40.
Professional referral assessment and when breast cancer or other concerns about personal history of women under 50 with either a family history of starting at age 40.

To begin mammography, you should consult with a trusted medical professional about your risk assessment and when mammography should begin. It is best to consult with a trusted medical professional who can refer you to a trained professional who can perform the mammogram.

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