

Mammography

Size of tumors found by mammography and breast self-exam



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



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



Average-size lump found by women practicing regular BSE:
0.81 inches or 2.1 cm



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



The Susan G. Komen
Breast Cancer Foundation

1.800 I'M AWARE®

1.800.462.9273

www.komen.org

Mammography

1. What is a mammogram?

A mammogram is an x-ray of the breast. This is the best screening tool widely available to detect breast cancer at its earliest, most treatable stages.

2. How can I get a mammogram?

Contact your doctor for a referral. It is best to see your doctor for a clinical breast examination prior to your mammogram.

3. Is it painful?

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

4. What if I cannot afford a mammogram?

If you have insurance, most plans cover it. Medicare also pays for mammograms. Call the Komen National Toll-Free Breast Care Helpline (1.800 I'M AWARE® or 1.800.462.9273) for services in your area.

The Susan G. Komen Breast Cancer Foundation recommends the following:

- 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, and annually after 40
- Annual screening mammography for women starting at age 40

Women under 40 with either a family history of breast cancer or other concerns about personal risk should consult with a trained medical professional about risk assessment and when to begin mammography



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