



Mammogram (Breast Cancer Screening) Information

Definition

A Mammogram is an X-ray of the breast.

Mammograms and annual physical breast exams are recommended for women beginning at age 40.

Mammograms are the best method to detect breast cancer early when it is easier to treat and before symptoms occur.

Talk to your Primary Care Physician (PCP) about when you should have a screening mammogram.

Breast Exams

Clinical breast exam:

A clinical breast exam is performed by a doctor or nurse who uses his/her hands to feel for lumps or other changes.

Breast self-exam:

A breast self-exam is when you check your own breasts for lumps, changes in size or shape, or any other changes in the breasts or under the arm (armpit).

Related Links:

Centers for Disease Control and Prevention – cdcinfo@cdc.gov

National Cancer Institute (NCI) – www.cancer.gov

American Cancer Society – www.amcancersoc.org

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