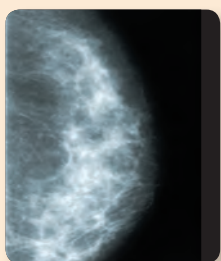


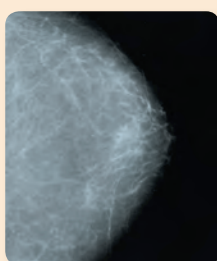
What is a screening mammogram?

- A mammogram is an x-ray of the breast.
- A screening mammogram checks for abnormalities in breast tissue.
- Screening mammograms can find cancer long before it can be felt.

Examples of mammogram films



Dense breast tissue



Fatty breast tissue

Who should get screening mammograms?

Women aged 40 to 49 should talk to their healthcare provider about their breast cancer risk and their need for screening mammograms.

Women aged 50 to 74 talk to your healthcare provider about having regular screening mammograms.

Women aged 75 and over should talk with their healthcare provider about continuing screening mammograms.

- Mammograms work best for women aged 50 and over.
- Abnormalities are easier to detect when breast tissue is fatty rather than dense.



How is a screening mammogram taken?

- Your breast rests on a plastic plate.
- This plate can be adjusted to suit your height.
- A second plate presses down on the breast. This spreads out breast tissue so small abnormalities can be seen.
- Four x-rays are taken: one from the top and one from the side of each breast.
- The whole process takes about ten minutes.

Are mammograms painful?

Some women find mammograms uncomfortable. Others find them painful but tolerable.

If I have small breasts, do I still need a mammogram?

Yes! Breast size has nothing to do with breast cancer risk.

When do I get the results?

You and your healthcare provider will receive results in the mail within two weeks.

When do I return?

Women aged 40 to 49: return every year.

Women aged 50 to 74: return every 2 years (some women return every year if recommended by their healthcare provider).

Women aged 75 and over: you may continue to benefit from regular screening mammograms. Talk with your healthcare provider.

What if my results are abnormal?

About 5% of women screened have an abnormal result. Only a small number of these will be cancer. However, you should call your healthcare provider right away so they can arrange for the needed follow-up tests.

To learn more about abnormal screening mammogram results, see our brochure **Making Sense of Abnormal Mammogram Results**, available at www.screeningforlife.ca/aboriginal or by calling 1-866-727-3926.