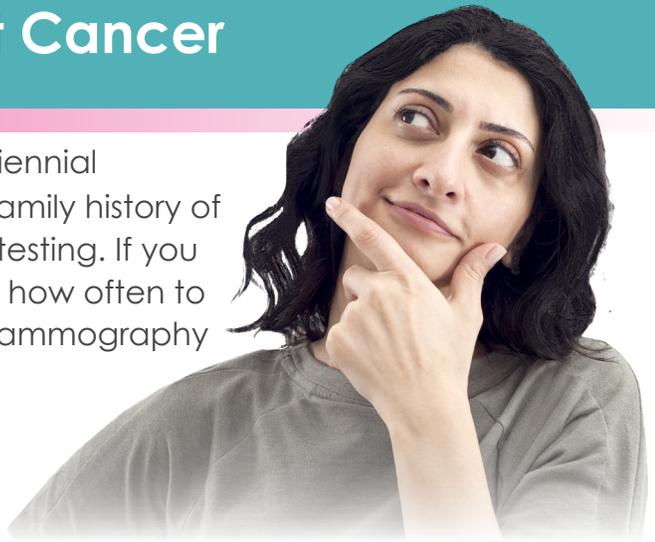


The U.S. Preventive Services Task Force recommends biennial mammography for women ages 50-74. If you have a family history of breast cancer talk to your doctor about when to start testing. If you are less than 50, discuss with your doctor for when and how often to get a mammogram. Finding breast cancer early by mammography leads to more health care choices.

Common myths we hear in our community:



Myth

Fact



Only women get breast cancer.

Men and women can get breast cancer. ✓



I have small breasts and I don't need a mammogram.

Cancer cells can spread to any breast size. A woman has a 1 in 8 chance of developing breast cancer in her lifetime. ✓



Only some ethnic groups can get breast cancer.

Any woman can get breast cancer no matter the ethnic group. ✓



Since I have no family history of breast cancer I won't get it.

All women can get breast cancer whether they have a family history or not. ✓



My age determines my chances of getting breast cancer.

Age does not determine when you get breast cancer, though there is a higher risk with certain age groups. ✓



I don't need a mammogram unless I feel a lump.

Don't wait until you have a lump to get a mammogram done. 75% of breast cancer sufferers do not have any signs such as lumps. ✓



Mammograms cause cancer.

This test uses very little doses of radiation. It is used to detect breast cancer early. ✓



Take time to take care of yourself!

Knowing the truth about a mammogram can save your life or the life of someone you love. A mammogram may be uncomfortable, but the slight pressure you may feel for a few moments is better than a lifetime of pain that breast cancer may cause.