

Mammograms

Early detection for the best protection against breast cancer

Good News!

You have a much better chance of surviving breast cancer if you catch it early. Most doctors agree that finding breast cancer early saves lives. Many more lives could be saved if more women got mammograms.



What Is a Mammogram?

A mammogram is an x-ray of the breast that looks for breast disease in women who may have no symptoms. Some people may feel unsure about when to have a mammogram and how often, so here's the latest information about this important health issue.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

Texas voters overwhelmingly approved a constitutional amendment in 2007 establishing the Cancer Prevention and Research Institute of Texas (CPRIT) and authorizing the state to issue \$3 billion in bonds to fund groundbreaking cancer research and prevention programs and services in Texas. CPRIT's goal is to expedite innovation and commercialization in the area of cancer research and to enhance access to evidence-based prevention programs and services throughout the state. CPRIT accepts applications and awards grants for a wide variety of cancer-related research and for the delivery of cancer prevention programs and services by public and private entities located in Texas. More information about CPRIT is available at its website, www.cprit.state.tx.us.

Getting Ready for a Mammogram



Make an appointment. If you still have periods, schedule it for 1 week after your period, when your breasts hurt less.



Wear a shirt with shorts, pants, or a skirt to the mammogram so you can undress only from the waist up when the x-ray is made.



To get the best x-ray picture, don't wear any of the following when you go to get your mammogram:

- deodorant,
- perfume,
- lotion, or
- powder.



How Often Do You Get a Mammogram?



According to the American Cancer Society, women over 40 years old should have a screening mammogram every year as long as they are in good health.



What Happens during a Mammogram Procedure?

1. You will stand in front of the machine.
2. The woman taking the x-ray will place your breast (one at a time) between two plastic plates.
3. The plates press on your breast to make it flat. The flatter the breast, the better the picture.
4. You will feel pressure on your breast for a few seconds.
5. You will feel some discomfort, but you should not feel pain. If you do feel pain, tell the technician.
6. The mammogram only takes a few minutes, and you are through.

All mammography facilities are now required to send your results to you within 30 days. If there is a problem with the mammogram, you will be contacted within 5 working days. However, if you do not hear from your doctor within 10 days, do not assume that your mammogram was normal. Call your doctor or the clinic to make sure.

If the doctor does find a lump, he or she will then determine if it is benign, which means the lump is not cancerous. If it is found to be malignant, it means it is cancerous, and the doctor will talk to you about what needs to be done next.

Call Today to Schedule Your Mammogram!

To schedule a mammogram,
please contact: