

A mammogram saved my life



Having a breast x-ray gave me the chance to get help for breast cancer. Now I can watch my grandchildren grow.

A mammogram can save your life.

A mammogram is an x-ray picture of the breasts.

Breast x-rays can find breast cancer that is too small for you or your doctor to feel. When breast cancer is found early, it is easier to treat.

It does not hurt to have a mammogram. It is safe and takes only a few minutes.

When should I get a mammogram?

- If you are 50 or over, get a mammogram every year.
- If you are under 50 years old, talk to your doctor about when you should have a mammogram.

Where can I go for a mammogram?

You may qualify for a free or low cost mammogram. To find out where you can get a mammogram, even if you have no insurance:

- Ask at your clinic.
- Ask a doctor or nurse.
- Call 1-800-4-CANCER at no charge.