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SP648-Get a Mammogram - Screening for Breast Cancer Can Save Your Life

The University of Tennessee Agricultural Extension Service

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Should you get a mammogram?

Yes! A mammogram is a screening for breast cancer, and it can save your life.

Breast cancer

Except for skin cancer, breast cancer is the most common type of cancer in women. One out of eight women will develop breast cancer during her lifetime.

Know your risk for breast cancer

The biggest risk factor is just being a woman. Your risk also increases as you get older.

What is a mammogram?

A mammogram is an X-ray picture of your breast. It is always done by a health care professional and takes only a few minutes.

Why is a mammogram important?

A mammogram can find breast cancer that is too small for you, your doctor or a nurse to feel. Finding breast cancer early gives you more treatment options and a better chance for survival.

Get a mammogram

- If you are age 40 or older
- Every 12 months

Where can you get a mammogram?

- Ask your doctor for a referral
- Call a hospital or Breast Center
- Call your local health department.

When should you get a mammogram?

The American Cancer Society recommends annual mammograms for women age 40 and older.

Women age 40 to 49 with any of the following should also get an annual mammogram:

- A mother, daughter or sister with breast cancer
- A personal history of breast cancer
- A clinical breast exam result that is abnormal
- Any change in the size or shape of a breast, a lump or thickening of a breast, or nipple thickening or discharge



Tennessee
**Breast &
Cervical**
Screening Program



Can't afford to have a mammogram?

The Tennessee Breast and Cervical Screening Program may be able to help you.

Women age 50 to 64 can get free breast cancer screening, including a clinical breast exam and mammogram, if they

- Have no insurance
- Have insurance that doesn't pay for a mammogram
- Meet income eligibility

You can also get free breast cancer screening if you are 40 to 49 years of age, meet the income and insurance guidelines listed above and have one of these:

- A mother, daughter or sister with breast cancer
- A personal history of breast cancer
- A clinical breast exam result that is abnormal

Learn more about the Tennessee Breast and Cervical Screening Program

- Call the Tennessee Breast and Cervical Screening Program using our toll-free number at 1-877-969-6636.
- Or, use their Website at <http://www2.state.tn.us/health/BCC/index.htm>.
- Call your local health department. You can find the phone number and address of your local health department on the World Wide Web at <http://www2.state.tn.us/health/LocalDepts/index.html>.
- Call the National Cancer Institute at 1-800-4cancer (1-800-422-6237).
- Contact your county University of Tennessee Extension office.

Visit the University of Tennessee Health and Safety Web site for more information on women's health
<http://fcs.tennessee.edu/healthsafety/index.htm>

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Get a Mammogram



Screening for Breast Cancer Can Save Your Life



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THE UNIVERSITY of TENNESSEE