

Fact or Fiction: Mammograms



Don't let common myths stop you from getting the life-saving health screenings you need, when you need them.

FICTION	FACT
I don't need a mammogram since I don't have any symptoms.	Mammograms detect small lumps long before any symptoms may be noticed.
A mammogram is very expensive.	There is no copayment for CDPHP members to have a screening mammogram.
Mammograms are dangerous.	Mammograms, like dental X-rays and other routine X-rays, use very small doses of radiation. For most women, the benefits of regular mammograms outweigh the potential risks.
I perform a monthly self breast exam, so I don't need a mammogram.	A mammogram can detect lumps much smaller than what can be felt. A self breast exam is NOT a substitute for a mammogram.
I don't need a mammogram; there is no breast cancer in my family.	Most women who are diagnosed with breast cancer do not have a family history of breast cancer.
All lumps that are found in the breast are cancer.	Most breast lumps that are found are not breast cancer.
It's too late when a mammogram finds something.	Breast cancers that are found early have a 95 percent cure rate.
I had a mammogram five years ago and it was normal, so I don't need another one.	If you are 50 to 74 years of age, you should have a mammogram every one to two years as recommended by your doctor. If you are under 50 or over 75 years of age, you should have a mammogram as recommended by your doctor.



Getting the facts can help you catch breast cancer early.