

# WHAT TO EXPECT AT YOUR MAMMOGRAM



## The importance of early detection

Between the bustle of everyday life and the fear of what an exam might find, it can be easy to put off getting a mammogram. But with regular screening, you're more likely to catch breast cancer early – which can reduce your risk of dying from the disease by 25% to 30% or more.<sup>1</sup> In fact, when breast cancer is detected before it has spread to other parts of the body, the five-year relative survival rate is 99%.<sup>2</sup>

So now that you know what makes mammograms so essential, what can you expect from your first exam?

## What your mammogram will look like

- Only you and the technologist will be in the room.
- You will be instructed to undress from the waist up.
- Each breast will be flattened on the machine's plate for the best image. Many facilities now offer 3D mammograms, which take several images from different angles.
- Imaging will take just a few seconds.
- Some women may find mammograms painful. Let your technologist know if you feel discomfort.
- Modern mammography involves less radiation than a standard chest X-ray – so the risk of harm is very low.<sup>1</sup>
- The total procedure should take about 20 minutes. Full results will be sent to your health care provider.

**Getting screened is important for EVERYONE – 85% of breast cancers are found in women with no family history of the disease.<sup>1</sup>**

## Don't put it off

For women over 40, mammograms are fully covered as preventive care – and they may be covered even earlier for those with a higher risk.\*

**Talk to your doctor about breast health and scheduling a mammogram today.**

Turn to Excellus BlueCross BlueShield for more resources on breast cancer detection and awareness. Because when women have the care and support they need to make health a priority, **everybody benefits.**

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<sup>1</sup>BreastCancer.org

<sup>2</sup>American Cancer Society

\*When services are provided by an in-network provider. Coverage for members in a Self-Funded plan may vary.

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