

TIPS FOR A BETTER MAMMOGRAM EXPERIENCE



Getting a mammogram is one of the best steps you can take to protect your health. Mammograms are critical in helping to detect breast cancer early, when treatment is most likely to be successful. The recommended timing and frequency of mammograms may vary based on your age and risk level, and with a few simple tips, you can ensure the best possible mammogram experience.

TIME IT RIGHT

Avoid getting a mammogram the week before your period, when your breasts are extra sensitive.

KEEP CLEAN

Antiperspirants, perfume, lotion, or powder under your arms or on your breasts can show up as white or cloudy spots on a mammogram.

DRESS SMART

Wear a top that makes it easy for you to undress above the waist.

SPEAK UP

Discuss any changes to your breasts with your health care provider before the exam.

BE CONSISTENT

Choose a mammography specialist and stay with them to make image comparison easier. If you do switch providers, have your previous images sent to your new provider for comparison.

GET THE BEST-QUALITY IMAGES

If you are under the age of 50, it can be best to get a 3D or digital mammogram. These take more images at different angles, while making it easier for doctors to enlarge images and take a closer look.

CONSIDER SPECIAL NEEDS

If you have concerns about exam access due to a physical disability, call the mammography centers in your area until you find one that meets your needs. Your health care provider or health insurance plan may be able to help with your search.

Mammograms are fully covered as preventive care for women over 40, and even earlier for those with higher risk.*

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.**

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



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

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Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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