

## What are the possible screening results?

**Normal result:** A normal result means no signs of breast cancer were found. About 93% of women screened have a normal result.

**Abnormal result:** An abnormal result usually isn't cancer. However, any abnormality should be checked right away. Your healthcare provider or the radiology clinic will arrange for more tests, which may include a diagnostic mammogram, an ultrasound, or a biopsy.

### Remember

Mammograms are the best way to find breast cancer early. Breast cancer screening saves lives!

"I think it's very important that the young women, even the young men, to get checked up. I would really recommend the early stage. If you get called up, go. They can save themselves, save their lives."

**-Elder Sophie Bruno Treaty 6**

## Get In Touch

For more information, please contact Alberta Breast Cancer Screening at

 1-866-727-3926

 [ScreeningForLife.ca/breast](https://ScreeningForLife.ca/breast)

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The Alberta First Nations  
Information Governance Centre

# Breast Screening

Do I really Need a Mammogram?



## What happens during a mammogram?

A female technologist will do your mammogram. Once you're in front of the mammography unit, your breast will rest on a plastic plate that's adjusted for your height. A second plate will press down on your breast. Spreading out the breast tissue makes it easier to see small abnormalities. X-rays will be taken of the top and sides of each breast.

## Do mammograms hurt?

Your breasts need to be flattened to get the best image, which may be uncomfortable or slightly painful. Each compression is only a few seconds, so any discomfort will be very brief. If you normally have tender breasts, it may be more comfortable to have your mammogram at least a week before or after your period (moon time).



## What is a mammogram?

A mammogram is an x-ray of the breast. Screening mammograms are used to check women for breast cancer who have no noticeable breast problems. They can find an abnormality or lump in the breast that's too small to feel.

## Why get a mammogram?

About 1 in 7 women in Alberta will get breast cancer during their lifetime. Having regular mammograms is the best way to find breast cancer early, when treatment may work better.

## Should I have a mammogram?

The risk of breast cancer increases with age. Generally, women under 40 don't need screening mammograms. If you're concerned that your risk is higher than average, talk to your healthcare provider.

**If you're 40 to 44:** Speak to your healthcare provider about your personal risk of breast cancer and the benefits and risks of mammograms. If you decide to have mammograms during this time, having one every year is best.

**If you're 45 to 74:** Have a mammogram every 2 years or as often as you and your healthcare provider have decided is best for you. Research shows that regular mammograms can lower breast cancer deaths for women in this age group.

**If you're 75 and over:** Depending on your personal health (how healthy you are overall), you may continue to benefit from regular screening mammograms. Speak to your healthcare provider about whether or not continuing to screen is right for you.

## In addition

Know what looks and feels normal for you. Tell your healthcare provider if you notice any breast changes.

**Mammograms save lives!**