Mammograms Save Lives!

Mammography is a woman's best defense against breast cancer because it can detect the disease in its early stages, even before it can be felt during a breast examination. Mammograms should be performed as part of a regular physical exam or to evaluate any unusual changes in the breast.

The National Cancer Institute, American College of Radiology and American Cancer Society recommend annual mammograms for women over 40, or earlier if they are at high risk for breast cancer.

The risk of breast cancer increases gradually with age, but these factors increase a woman's risk:

- History of breast cancer
- Family history of breast cancer (mother, sister and/or daughter, especially if they were diagnosed before age 50)
- Certain changes on biopsy abnormal features in non-cancerous cells, abnormal cells in the lobules of the breast, and benign conditions that required two or more biopsies
- Genetic changes in certain genes (BRCA1, BRCA2 and others) cause about 10% of breast cancers
- Reproductive and menstrual history periods beginning before age 12 or menopause after age 55; first child after age 30 or never had a child
- Long-term use of menopausal hormone therapy a combination of estrogen-progestin used for more than 5 years
- **Breast density** dense breasts with little fatty tissue
- **Radiation therapy** to the chest and breasts before age 30
- **Body weight** overweight or obese post-menopausal women
- Lack of physical activity
- Alcohol usage studies suggest that the more alcohol a woman drinks, the greater her risk of breast cancer.

How to Prepare for Your Exam

- Dress comfortably a two-piece outfit is usually the most convenient because you will need to undress above the waist.
- Do not use any type of powders, deodorants, ointments or creams prior to your exam.
- If possible, you should not schedule your mammogram just before or during your menstrual period, especially if you have breast pain at that time.
- If you have breast implants, be sure to inform the technologist before the exam.

Schedule Your Exam

Mammograms can be completed in about 10 minutes with minimal discomfort.

Carondelet Imaging Center

630 N. Alvernon Way, Tucson

St. Mary's Imaging Center

1750 W. Anklam Road, Tucson

Green Valley Imaging Center

400 W. Camino Casa Verde, Green Valley

To schedule an appointment, call Central Scheduling at 520.872.7200

Holy Cross Hospital

1171 W. Target Range Road, Nogales

To schedule an appointment, call 520.285.8090

