

# 50 Great Reasons to Get a Mammogram

Mammograms are one of the best ways to find breast cancer early – when it is most treatable. For more information about breast cancer, visit [www.cdc.gov/cancer](http://www.cdc.gov/cancer) on the Internet.



40. My risk goes up as I get older.
41. Two-thirds of new cases of breast cancer are found in women over 50 – but younger women can get breast cancer too.
42. My health care provider can help me evaluate my risk.
43. **Even if I don't have a family history of breast cancer, I need to get a mammogram.**
44. Most women with breast cancer have no family history of it.
45. Breast cancer is the second leading cause of cancer deaths among women.
46. **Mammography can find some cancers before they can be felt.**
47. I'll be getting information.
48. Information is good protection.
49. Getting a mammogram will give me peace of mind.
50. **Taking action can save my life.**



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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Special thanks to all of our reviewers.  
2013 Revised and updated.  
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Please do not duplicate. Printed on recycled paper.  
English Title #5066 (Rev. 9/13) ISBN 978-1-56885-066-5  
Spanish Title #5087 ISBN 978-1-56885-087-0

For ordering information contact:  
**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 [www.journeyworks.com](http://www.journeyworks.com)



1. I'll be taking action.

2. **I'll be taking charge of my health.**

3. I'll worry less.

4. Breast cancer is one of the most common types of cancer among women.



5. **When breast cancer is found at its earliest stage, treatment has the greatest chance of success.**

6. Mammography is a good way to find breast cancer.

7. **Mammograms often find breast cancer at its earliest stage.**

8. Earlier detection means more treatment options.

9. My doctor recommends it.

10. **The National Cancer Institute recommends it.**

11. The American Cancer Society recommends mammography screening for women over 40.



12. My local health department can help me find a free or low-cost mammogram.

13. **Mammograms, clinical breast exams are a self-exams are a winning team.**

14. Better equipment means mammograms are safer than ever.

15. High standards help assure I'll get a safe screening.

16. **I've asked questions and I know mammography screening is a good choice for me.**

17. My health care provider can give me guidelines.

18. My health care provider can tell me where to get one.

19. My health care provider can tell me how often I should get one.

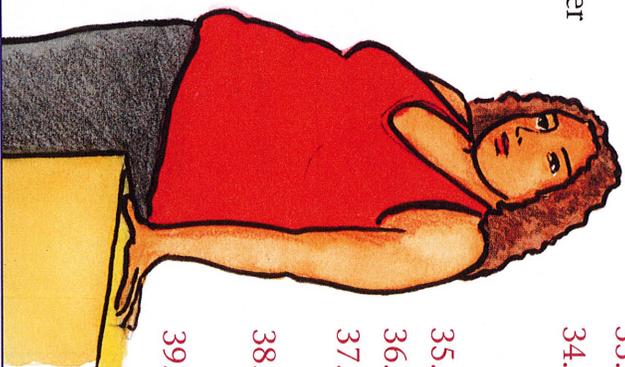
20. It takes only about 20 minutes.

21. I'll get the results in 10 days – or sooner.

22. I'll feel good about myself.

23. I'll lower my anxiety.

24. **It can save my life.**



25. I've noticed a change in my breast.

26. My health care provider has noticed a change in my breast.

27. I'd rather know.

28. **I'd rather not take chances with my health.**

29. My family would rather I didn't take chances with my health.

30. My partner will appreciate my action.

31. My daughter will admire my courage.

32. My son will respect my initiative.

33. I want to be a role model.

34. **I'm in good company – many women are getting mammograms every day.**

35. I'm my own best health advocate.

36. Many women don't feel discomfort.

37. Even if I do, I know it will last only a few seconds.

38. I'll be taking care of myself.

39. **All women have a risk of breast cancer.**

