

Take Charge of Your Health!

# Breast Cancer & Mammograms

## Facts about Breast Cancer

- Breast cancer is the most common cancer among women.
- All women are at risk for breast cancer even if they have no family history.
- As a woman gets older, her risk of breast cancer goes up.

When breast cancer is found and treated early, it is more likely to be curable.

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## Common Questions

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### What is a mammogram?

- A mammogram is an X-ray of the breast.
- The best way to find breast cancer is with regular mammograms.

### How often should I get a mammogram?

- The standard recommendations are:
  - Ages **40-49**: Talk to your doctor.
  - Ages **50-74**: Every 2 years
  - Ages **75 and over**: Talk to your doctor
- If you have questions about when to start and how often to get mammograms, talk to your doctor.



### What else should I know?

- Be aware of how your breasts feel normally so you'll notice if they feel different than usual.
- If you feel a lump or swelling in your breast or underarm, see a doctor as soon as possible.

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## Mammogram Appointments

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### Where can I get a mammogram?

- If you have medical insurance/coverage, Medi-Cal, or Medicare, call your doctor.
- If you have no medical insurance/coverage, call **Women's Health Hotline**  
**1-800-793-8090**



Friendly operators from the Office of Women's Health can set up a free or low-cost appointment near you.

*Operators speak English, Spanish, Chinese, Korean, and Vietnamese.*