

Mammograms

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for a lifetime



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A mammogram can find breast cancer that is too small for you, your doctor, or nurse to feel.

If you are in your forties or older, it is important to get a mammogram every 1 to 2 years.

Cancer can show up at any time — so one mammogram is not enough. It is important to return for a mammogram every 1 to 2 years.

If you find a lump or see other changes in your breast, see your doctor right away.

For more information on breast cancer and mammograms call the Cancer Information Service.

1-800-4-CANCER

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • National Institutes of Health
National Cancer Institute