

What is a Mammogram and Do I Need One?

A mammogram is a special low-dose X-ray of the breast used to check for breast cancer. Screening mammograms are done regularly to find cancer early, even if there are no symptoms.

Diagnostic mammograms are done when there are symptoms or concerns. The breast is gently pressed between two plates to take clear images. It may feel uncomfortable but only takes a few minutes. Women at average risk usually start at age 40 and get them every 2 years until about age 74.

Visit the links to learn more about breast cancer screenings.

Use QR code to view reference



<https://www.cdc.gov/breast-cancer/screening/index.html>

Use QR code to view reference



<https://medlineplus.gov/mammography.html>

