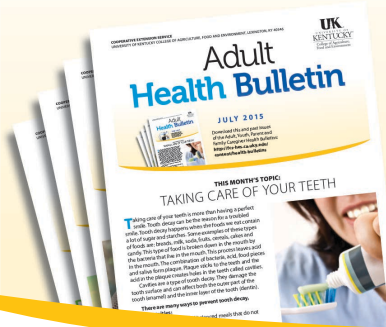


Adult Health Bulletin



OCTOBER 2015

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THIS MONTH'S TOPIC: BREAST CANCER SCREENINGS

Screenings are the tests that are used to look for diseases like cancer when people are not having any symptoms. Breast cancer screening is a tool that is used to detect breast cancer before there are any symptoms. The sooner breast cancer is found, the easier it is to treat.

Mammograms are one of the main screening tools used to detect breast cancer. They are basically an x-ray exam of the breast. Mammograms are most often used to find breast cancer early, such as where there are no signs of breast cancer. Mammograms can also be used when there are some signs of concern, such as a lump or pain.

When should someone get a mammogram?

The United States Preventive Services Task Force suggests that women should get a mammogram every two years starting at the age of 50. Every two years is recommended until the age of 74. It is



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Women should get a mammogram every two years, from age 50 to 74. Talk to your healthcare provider for details.

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important to talk to your healthcare provider if you have any symptoms or changes in your breast or there is breast cancer in your family. Your healthcare provider may suggest that you have a mammogram before the age of 50 or more often than the recommendation.

Where can I get a mammogram?

There are many different options available for receiving a mammogram. Many clinics, hospitals or even travelling vans offer mammogram services. If you want to find a place in or near your community, talk to your healthcare provider.

What will the mammogram feel like?

The mammogram itself is not a comfortable procedure for many women. The discomfort is short though because it only takes only a few moments. What you will feel actually depends on many different things, such as the technologist who is using the x-ray, your breast size and how much the breasts will need to be pressed to get a good x-ray. Some people feel more sensitivity than others as well.

What happens next?

After you have had the mammogram taken, a doctor trained to look at mammograms will look at the x-rays. He or she will look for any early signs of breast cancer or other problems. Usually it takes a few weeks to get the results back. Most often, the results are shared with your healthcare provider. If

there are concerns, you may hear from the provider of the mammogram. If you have not received a report of your mammogram within 30 days, talk to your healthcare provider or the mammography center.

Regular mammograms are very important to finding breast cancer early. With the help of screenings such as mammograms, breast cancer can be found early and most women are able to live long and healthy lives.

REFERENCE:

- CDC (2014). What Screening Tests are there? http://www.cdc.gov/cancer/breast/basic_info/screening.htm
- Medline Plus. (2015) Mammography. <http://www.nlm.nih.gov/medlineplus/mammography.html>

Not counting some kinds of skin cancer, breast cancer in the United States is the most common cancer in women, no matter your race or ethnicity.

— Centers for Disease Control and Prevention



**October is
Breast Cancer
Awareness
Month**

Adult
Health Bulletin

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