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## What is a mammogram?

A technician uses a machine to take a few pictures of your breasts by placing each breast between two X-ray panels.

The panels will push your breast closer between the panels to get a clear picture.

Each X-ray picture takes less than one minute.

## Why get a mammogram?

It's important to know that 70-80% of breast cancers occur in women who have no family history of breast cancer. And the chance of getting it is greater as you age. So discuss your family history with your health care professional. You might need to get a mammogram at an earlier age if you have a family history or personal history of breast cancer or other breast problems. Your health care professional can help you figure out when you should start having yours.

### Get screened

Survival rates for breast cancer are very high – especially when it's caught early. The five-year survival rate for breast cancer in stages 0, 1 or 2 is between 93% and 100%.<sup>2</sup>

