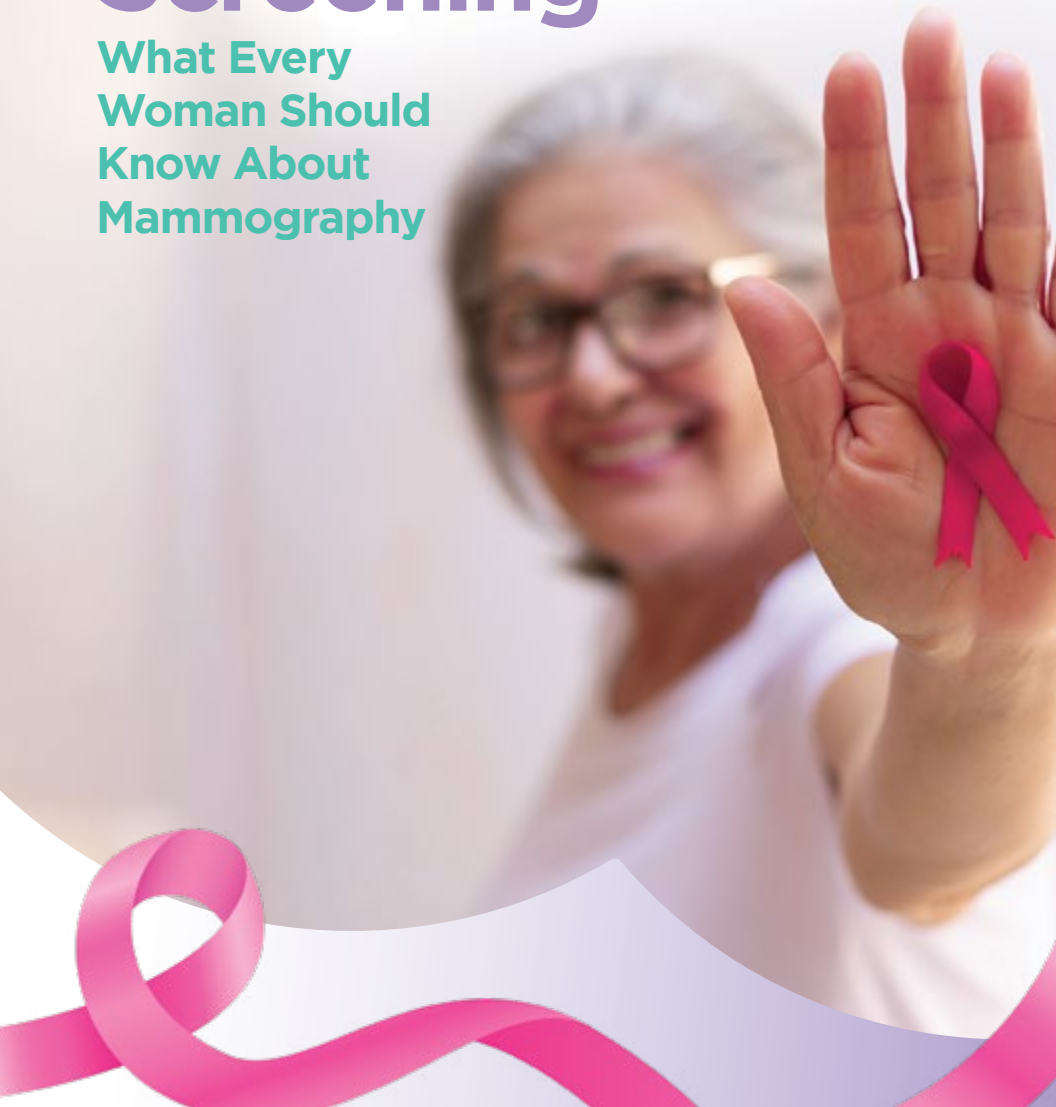




Breast Cancer Screening

**What Every
Woman Should
Know About
Mammography**



Mammography Saves Lives

Mammograms help detect breast cancer early, often before a lump can be felt or symptoms develop. Early detection improves survival and allows for more treatment options.

Women who undergo regular mammography screening have 30–40% fewer deaths from breast cancer compared with women who are not screened.

Screening Guidelines

Most Women Should Start Annual Screening Mammography at Age 40.

Continue screening mammography every year as long as you are in good health.

There is no recommended age to stop screening mammography as breast cancer risk continues to rise with age.

Early Detection Matters

Finding breast cancer early can:

- Save lives
- Reduce the need for aggressive treatment
- Lower the likelihood of mastectomy or chemotherapy



Mammograms can detect cancers when they are very small, most treatable, and most curable, often years before any symptoms appear.

Breast Cancer Is Common

Breast cancer is the most common cancer in women.

1 in 8 women in the United States will develop breast cancer during their lifetime.

75% of women diagnosed with breast cancer are considered average risk, they have no family history or other major risk factors.

What Happens After a Mammogram

Most women have normal results.

About 10% of women may need additional imaging, such as extra mammogram views or ultrasound.

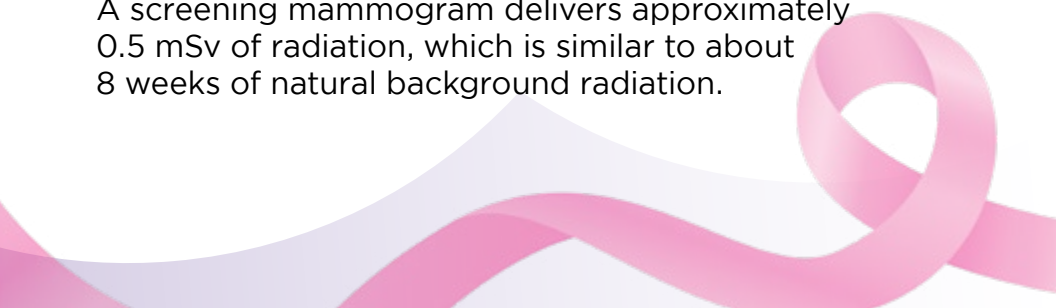
About 2% of women will need a needle biopsy.

Being called back for additional imaging does not mean you have cancer. Most follow-up studies are normal.

Safety of Mammography

Mammography uses a very low dose of radiation.

A screening mammogram delivers approximately 0.5 mSv of radiation, which is similar to about 8 weeks of natural background radiation.



The lifesaving benefits of early breast cancer detection substantially outweigh the extremely small theoretical carcinogenic risk from radiation exposure.

Other Breast Imaging Tests

Mammography is the only screening test proven to reduce deaths from breast cancer.

Breast ultrasound is a valuable tool, but it is used together with mammography — not instead of it. Ultrasound is not a stand-alone screening test.

Ultrasound misses cancers that only a mammogram can find — especially tiny calcium deposits (calcifications) that are often the earliest sign of cancer.

Breast MRI may be recommended for women at higher risk, including those with dense breasts, genetic mutations, or a strong family history of breast cancer.

Signs and Symptoms

Know how your breasts normally look and feel, and report any change right away, even between mammograms.

Notify your physician if you notice:

- Breast lump or thickening
 - Nipple discharge
 - Any skin or nipple changes
 - Changes in breast size or shape
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- A decorative pink ribbon graphic, symbolizing breast cancer awareness, is located at the bottom right of the page. It is a thick, flowing ribbon that loops and curves across the bottom of the page.

Leon Women's Health Institute

ACR Designated Comprehensive Breast Imaging

Center: Our facility meets the rigorous standards of the

American College of Radiology (ACR), which independently verifies our equipment quality, image quality, radiation dose, and staff qualifications.

MQSA certified: We are fully certified under the federal Mammography Quality Standards Act (MQSA), the national law that ensures every mammography facility meets strict safety and quality requirements.

State-of-the-art technology: We use the latest 3D mammography (digital breast tomosynthesis) to capture the clearest, most detailed images.

Expert team: Exams are performed by qualified technologists and interpreted by experienced, board-certified radiologists dedicated to breast imaging.

Take Charge of Your Breast Health

Early detection saves lives

Do not wait for symptoms. Screening works because it finds cancer before you develop any physical signs.

Schedule your screening mammogram today.

