

## Questions and Answers about Mammograms

- Q:** What is a mammogram?
- A:** A mammogram is an X-ray of the breast which can detect cancer early.
- Q:** Why should I get a mammogram?
- A:** A mammogram can detect breast cancer at its earliest and most treatable stage.
- Q:** How do I get a mammogram?
- A:** Ask your doctor to refer you to a certified mammography center. After the mammogram, follow-up with your doctor to get the results.
- Q:** Are mammograms expensive?
- A:** If you are enrolled in Medicare part B, you will pay 20% of the Medicare-approved amount (approximately \$15-\$25). Mammograms are free to qualified uninsured women through the state Department of Health. Insured women make a small co-payment.
- Q:** Are mammograms safe?
- A:** Yes. The radiation exposure is about the same as a dental X-ray.

## Quick Facts About Breast Cancer and Mammograms

- A self-exam can find a lump this size or larger: 
- A mammogram can find a lump this size: 
- Age is the single largest risk factor for breast cancer - two thirds of all breast cancers occur in women over 50.
- If found and treated early, over 95% of women diagnosed with breast cancer will survive.
- A combination of regular mammograms, clinical breast exams, and breast self-exams is the best way to detect breast cancer at its most treatable stage.

**For more information about Breast Cancer or Mammograms, call the Cancer Information Service toll-free:**

**1-800-4-CANCER**



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## Breast Cancer: The Story of a True Survivor



*Leni English*

*"When I found out I had breast cancer, I said 'No, I'm not going to let this take my family away from me.'"*

*At first, I couldn't believe it...*

At 36 years old and with her third child still in diapers, breast cancer was the furthest thing from Leni's mind... yet, it happened.



*"I found the lump during my monthly breast self-exam. At first I thought it was nothing, but a mammogram showed that I had cancer."*

Today, Leni is cancer-free because she found the cancer early.

*"Taking the time to do monthly breast self-exams and getting yearly mammograms is a small price to pay to be with your family. If I didn't find the lump early, I don't know what would have happened to them."*



*"Part of being a family is facing things together. We were there for Leni every step of the way."*

- Glen English

All it takes to protect yourself is a few minutes once a month to do a breast self-exam and one hour a year for a mammogram.

*"My daughter's experience with breast cancer taught me the importance of self-exams and mammograms. I do it for my loved ones."*

- Juanita "Queenie" Hokoana

*"My mom and grandma taught me to take better care of my health."*

- Manalani English



(From left to right) top row: Juanita "Queenie" Hokoana, Leni, Glen; bottom row: Maika ike, Manalani, and Maka'io.

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