Questions and Answers about Mammograms

2: What is a mammogram?
4: A mammogram is an X-ray of the breast which can detect cancer early.

2: Why should I get a mammogram?
4: A mammogram can detect breast cancer at its earliest and most treatable stage.

2: How do I get a mammogram?
4: Ask your doctor to refer you to a certified mammography center. After the mammogram, follow-up with your doctor to get the results.

2: Are mammograms expensive?
4: 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.

2: Are mammograms safe?
4: 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

Mountain-Pacific Quality Health Foundation

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.

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."

- Juanita "Queenie" Hokoana

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."

- Manalani English

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

- Glen English

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

- Glen English