

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.

This publication was prepared by the Mountain-Pacific Quality Health Foundation under a contract with the Centers for Medicare and Medicaid Services (CMS). The contents presented do not necessarily reflect CMS policy.