



Some of the Top 5 Reasons Women don't get a Mammogram

According to August Health

1: Mammograms Are Too Expensive-For many women health insurance and not having any is a major concern. And because of that the, thought of a major medical expense can cause many to not go for regular check-ups and exams. But through your community there are often low cost or free mammograms are offered, especially in October.

2: Radiation from Mammograms Can Cause Cancer- Most mammogram providers use the latest breast health imaging technologies, which uses small, safe doses of radiation to perform mammograms. Furthermore, these new technologies provide sharper, clearer images, making it easier to detect breast cancer in very early stages.

3: I Don't Have Time to Get a Mammogram-We get it everyone is busy and as women we put everyone and everything else in front of ourselves, including our own health. The procedure may only take 20 minutes of your time. So, make it a priority.

4: I'm Afraid a Mammogram Might Hurt - Most clinics and hospitals are especially mindful when it comes to making patients comfortable during mammograms. With many providers and clinics recent transition to digital mammography, discomfort levels are reduced. Newly designed pedals flex with your body contours and movements and pressure is applied only when necessary.

5: Only Older Women Need Mammograms- The American Cancer Society recommends annual screenings beginning at age 40. However, women with a family history of breast cancer or other risk factors may need to be screened earlier. Women with family members diagnosed before age 40 are especially at risk. Early detection can mean the difference between life and death, so it makes sense to take this advantage so you can live a long and healthy life