

# Five Mammogram Myths

Let's clear up some misconceptions—how mammograms really work, when it's time to get one, and what you can expect.

## ✘ MYTH

### Mammogram radiation causes cancer

X-rays with low radiation levels are used, similar to what you'd get from the environment in about seven weeks.

## ✘ MYTH

### Mammograms always hurt

Breasts are compressed briefly for image capture, which can be uncomfortable but not typically painful.

## ✘ MYTH

### You don't need a mammogram unless you feel a lump

Regular mammograms are crucial because breast cancer can develop for years without symptoms— screenings provide early detection.

## ✘ MYTH

### Physical breast exams are just as good as mammograms

Research has shown that physical breast exams (professional or self exams) do not offer significant benefits in detecting cancer.

## ✘ MYTH

### Callbacks mean you have cancer

It could be that initial images aren't clear or maybe your breast tissue is denser than average. If there's any uncertainty, your imaging team may ask you to return for further examination.



To learn more helpful tips visit  
[BeWellSHBP.com/Mammogram](https://www.BeWellSHBP.com/Mammogram)  
or call **888.616.6411**.