

Breast Cancer and Screening

What You Need to Know

A large, stylized pink ribbon graphic is positioned behind the title text, extending from the top right towards the center of the page.

Mammography

A mammogram is an X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.

Can It Happen To You?

Breast Cancer Statistics

- An estimated 226,870 cases of invasive breast cancer are diagnosed among women in the United States each year.
- Only lung cancer accounts for more cancer deaths in women.
- About 2,190 cases of breast cancer occur in men each year, accounting for about 1 percent of all breast cancers. (Mammography is not recommended for men because of the rarity of the disease.)

Source: American Cancer Society Breast Cancer Facts & Figures 2012. Atlanta: American Cancer Society, Inc.

Risk Factors

- Getting older
- First menstrual period before age 12
- Starting menopause after age 55
- Having your first child after age 30
- Never giving birth
- Not breast feeding
- Personal history of breast cancer or some non-cancerous breast diseases
- Family history of breast cancer (mother, sister, daughter)
- High dose radiation to the chest
- Being overweight (increases risk for breast cancer after menopause)
- Long-term use of hormone replacement therapy (estrogen and progesterone combined)
- Having changes in the breast cancer-related genes BRCA1 or BRCA2
- Drinking more than one alcoholic drink a day
- Not getting regular exercise

Source: Centers for Disease Control

Common Misconceptions and Questions

“I don’t have a family history of breast cancer.”

Eighty percent of women diagnosed do not have a family history of breast cancer.

“I have small breasts.”

The amount of breast tissue a woman has does not affect her risk for developing breast cancer. Breast cancer does not discriminate between large or small breasts.

“I’m afraid a mammogram will hurt.”

Mammograms may be uncomfortable, but they don’t take very long. It is necessary to spread the breast tissue as evenly as possible to get a good image. Our compassionate staff understand our patients’ concerns and are sensitive to patient comfort, making adjustments during the screening to offer the best experience possible.

“I don’t have symptoms.”

Eighty to 90 percent of breast cancers detected through mammograms are found in women who don’t have symptoms.

“I’m afraid the radiation will give me breast cancer.”

Radiation doses from mammograms are very low, less than a traditional dental X-ray.

“I’m afraid they’ll find something.”

Early detection from mammography saves thousands of lives each year. A woman and her doctor may not feel a lump until it is the size of a pea. However, a mammogram can find cancers when they are very small, often years before a lump can be felt.

“What can I do to prevent breast cancer?”

Healthy living may help reduce your risk of breast cancer.

- Maintain a healthy weight
- Stay physically active by getting regular exercise
- Eat a healthy diet with many fruits and vegetables
- Limit your consumption of alcohol
- Don’t use tobacco

“I can’t afford a mammogram.”

The Wisconsin Well Woman Program provides preventive health screening services to women with little or no health insurance coverage. Well Woman pays for mammograms and certain other health screenings for eligible women ages 45-64. If you do not have health insurance, or coverage for a routine screening, and your income meets the program guidelines, you may qualify. For more information about the Well Woman Program in your area, call **608-266-8311**, or visit dhfs.wisconsin.gov/womenshealth/wwwp.

“Do I need a doctor’s order for a mammogram?”

Routine screening mammograms do not require a doctor’s order; however, you need to provide a doctor’s name so we can send him/her the results. We also recommend checking with your insurance company in advance regarding coverage.

“When should I start getting a mammogram?”

And how often should I get one?”

Your age and different risk factors will determine when and how often you should have a mammogram.

Talk to your health care provider today to determine when you should have a mammogram. To find a primary care doctor, please call **1-800-DOCTORS**.

Where to get a mammogram

Froedtert & the Medical College of Wisconsin hospitals and health centers offer many convenient locations for screening mammograms. Some locations provide same day results; please inquire when scheduling your appointment.

Visit froedtert.com for information about our locations.

Community Memorial Hospital campus

W180 N8085 Town Hall Road
Menomonee Falls, WI 53051
414-777-1900

Froedtert Hospital campus

9200 W. Wisconsin Ave
Milwaukee, WI 53226
414-805-4950

Greenfield Highlands Health Center

4455 S. 108th St.
Greenfield, WI 53228
414-774-7226

*Mammography provided by
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for Diagnostic Imaging*

Moorland Reserve Health Center

4805 S. Moorland Road
New Berlin, WI 53151
262-798-7200

North Hills Health Center

W129 N7055 Northfield Drive
Menomonee Falls, WI 53051
414-774-7226

*Mammography provided by
Froedtert & the Medical
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for Diagnostic Imaging*

Springdale Health Center

21700 Intertech Drive
Brookfield, WI 53045
262-532-8300

St. Joseph's Hospital campus

3200 Pleasant Valley Road
West Bend, WI 53095
262-836-8347

Town Hall Health Center

W180 N8000 Town Hall Road
Menomonee Falls, WI 53051
262-532-3100

West Bend Health Center

1700 W. Paradise Drive
West Bend, WI 53095
262-306-6276

Westbrook Health Center

2315 E. Moreland Blvd
Waukesha, WI 53186
414-774-7226

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Helpful Websites

froedtert.com • mcw.edu • cancer.org
cdc.org • komen.org

