

# Breast Check



## Common Questions



### Should I use Thermography or a Mammogram?



Thermography takes a picture of the breast and creates a heat map. This can show areas with inflammation that require further investigating.

Mammograms take an x-ray photo of the breast. It involves breast compression and areas with more dense breast tissue show up as white in the x-ray.

Consult with your doctor to determine which procedure is right for you.



### How often should I schedule screenings?



The American Cancer Society recommends varied schedules depending on age. Ages 40-44 may start the process of yearly breast cancer screenings.

Women ages 45-54 should get screened every year.

Women 55 years and older should switch to once every two years, or continue yearly procedures if they wish.

It is important to be aware of potential risks from regular screenings, such as radiation exposure. Consult with your doctor to determine your own schedule.



## What Now?

### Positive Results

Be sure to consult with your doctor about possibilities such as enhanced testing, risk-reducing surgery or chemoprevention.

### Negative Results

You may practice regular breast self-examination and maintain the screening schedule as determined with your doctor.



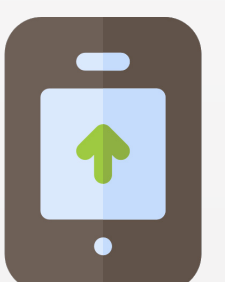
## Appointment Reminder

Pick a date, and we'll send a notification when it's time to schedule your next exam!

Day

Month

Year



Back to Top