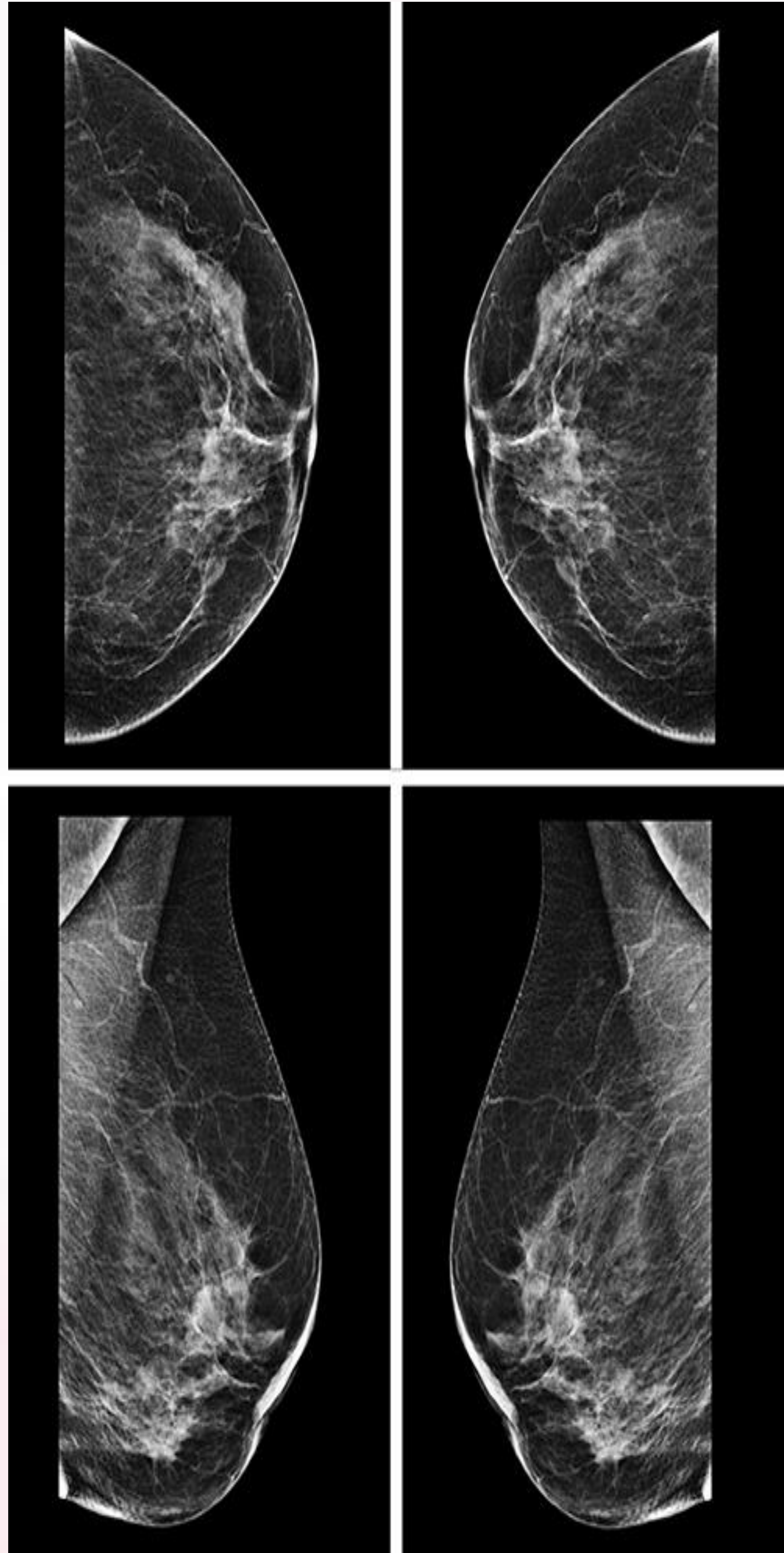


S35 Debunking Common Myths About Mammograms



Objective: List common myths about mammograms and list the truth to debunk each.

MYTH – Mammograms are not necessary if there is no family history of breast cancer.

TRUTH – Over 75% of people who have been diagnosed with breast cancer have no family history.

Breast cancer found in its early stage, localized, has a 5 year survival rate of 99%. Whereas if it is found in its late stage, distant, the survival rate drops to 31%.

MYTH – Mammograms are dangerous since they expose you to radiation.

TRUTH – Very little radiation is used and within medical guidelines.

The amount of radiation exposure during a mammogram screening is equivalent to just over 2 months of environmental radiation.

MYTH – Mammograms are all the same.

TRUTH – Tomosynthesis mammograms, 3D mammograms, show more visible details than flat, 2D mammograms.

Having mammograms done in 3D have not only helped with spotting more abnormalities, but has also reduced the number of callbacks by 40%.

MYTH – Mammograms are only for women.

TRUTH – Although rare, 1 out of every 100 people diagnosed with breast cancer are men.

Every year in the United States, around 2,100 men are diagnosed with breast cancer and around 500 men die from breast cancer.

Conclusion: It is estimated that 1 out of 8 women will be diagnosed with breast cancer in their lifetime. By debunking myths about mammograms, and educating the public about the importance of regular screenings, more lives can be saved.