Regular breast exams and mammograms may help save your life

Getting regular checkups may help you stay well and catch problems early

Have you had any of these three tests recently?

<table>
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<tr>
<th>Type of test</th>
<th>Who performs it?</th>
<th>How is it done?</th>
<th>What to look for</th>
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<tr>
<td>Breast self-exam (BSE)</td>
<td>Yourself</td>
<td>By carefully checking your breast with your hand</td>
<td>Lumps or anything else that may seem unusual</td>
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<tr>
<td>Clinical breast exam (CBE)</td>
<td>A doctor or other health professional</td>
<td>By carefully feeling the breast and under your arms</td>
<td>Lumps or anything else that may seem unusual</td>
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<tr>
<td>Mammogram</td>
<td>A doctor or other health professional</td>
<td>By taking a low-dose X-ray picture of the breast. The amount of radiation used is very low, so the risk of any harm is extremely small.</td>
<td>Along with a CBE, your doctor can find breast cancer at an early stage when it can best be treated.</td>
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What happens during a mammogram?
- A technician uses a machine to take a few pictures of your breasts by placing each breast between two X-ray panels.
- The panels will push your breast closer between the panels to get a clear picture.
- Each X-ray picture takes less than one minute.

Who should get one?
All women who are age 40 and up. Please talk to your doctors about how often you should get a mammogram. You should know that 70% - 80% of breast cancers occur in women who have no family history of breast cancer. And the chance of getting breast cancer is greater as women age. So it’s important for each woman to discuss her family history with her doctor.

You might need to get a mammogram before age 40 if any of the following apply to you:
- Family history of breast cancer.
- Personal history of breast cancer or other breast problems.

Make sure the test you’re getting is covered
Please be aware that the new 3-D mammogram offered by many facilities is considered investigational and is not a covered benefit. If you have any questions, contact the customer service office listed on your ID card.