



## A MINUTE OF HEALTH WITH CDC

### ***Get Your Mammogram!***

*(Use of Mammograms Among Women Aged >40 Years ---  
United States, 2000—2005)*

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*This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Breast cancer is the most commonly diagnosed cancer in women and the second-leading cause of cancer-related death for women. Mammograms are an important tool for finding breast cancer early. National medical organizations recommend mammograms for women who are 40, and every year or two after that. Mammograms can often find breast cancer before it causes symptoms or can be felt during a breast exam. The earlier breast cancer is found, the greater the chance a woman has of being treated successfully and being cured.

A recent CDC study found that fewer women are getting regular mammograms – the number dropped between 2000 and 2005. This is worrisome since mammograms can help reduce deaths from breast cancer. It's important that more women age 40 and older get mammograms and that they continue getting them regularly.

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