

Ask CDC

Breast Cancer – Early Diagnosis

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

Welcome to *Ask CDC*, the podcast that answers *your* questions. I'm your host, Susan Laird. Our question this week is from a listener who wants to know how to tell if she has breast cancer.

Studies show that finding breast cancer *early* saves lives. Mammograms are the best tests for finding breast cancer early. Mammograms are a series of X-ray pictures of the breast that allow doctors to look for early signs of breast cancer, sometimes up to three years before it can be felt. When breast cancer is found early, treatment is most effective, and many women go on to live long and healthy lives.

If you're age 50 to 74, get a mammogram every two years. If you're 40 to 49, talk to your health care provider about when and how often you should get a mammogram. Also, talk to your provider if you have any symptoms or changes in your breast or if breast cancer runs in your family. He or she may recommend you have mammograms earlier or more often than usual.

There are a lot of resources out there to help you understand breast cancer. For more information, visit www.cdc.gov/cancer/breast or call 1-800-CDC-INFO.

Thanks for listening. To submit *your* question to *Ask CDC*, email us at askcdc@cdc.gov.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.