

### **Who should have a Mammogram?**

**Women, who are age 40 and over should perform monthly self-breast examinations, have an annual breast physical exam by their physician or nurse and have an annual screening mammogram. By following such a program, breast cancer may be found at an early stage when it is most treatable. The mammogram is still the gold standard for imaging the breast even though it is not perfect. Other imaging modalities, such as ultrasound and MRI, may be added in cases where the screening mammogram has raised a question; these modalities are not used alone but are an adjunct to diagnosis.**

**Dr. A. Christine Watt**