

Why Mammograms Work

MAMMOGRAM SCREENING

10mm



15mm



(actual size)

Most lumps found by regular screening mammograms are relatively small - between **10 mm - 15 mm** in diameter, similar to the size of a pea.

SELF-EXAMINATION

20mm



25mm



(actual size)

Most lumps found by breast self-examination are relatively larger - between **20 mm - 25 mm** in diameter, similar to the size of a grape.



ONCE IS NOT ENOUGH

Screening regularly helps us see changes in your breast over time.