

Breast Screening

MYTH

Mammograms
are painful.

SWIPE FOR THE ANSWER

FACT



Breast compression (“squeezing” the breast) is required for an accurate mammogram picture.

Fortunately, **mammogram technologists are specially trained to minimize discomfort**, and mammogram equipment has dramatically advanced over the years to decrease pain.

The majority of women undergoing a mammogram state that they experience only **mild discomfort or no discomfort at all.**

#40andEmpowered