

# COMMUNITY HEALTH EDUCATION

## OCTOBER 2025

### October Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women in the United States will get breast cancer during her lifetime.

Anyone who has breasts can get breast cancer.

The good news is that mammograms can help find breast cancer early — before it spreads to other parts of the body. Most people can survive breast cancer if it's found and treated early.

If you're age 40 to 74 years and you have breasts, get a mammogram every 2 years.

If you have a higher risk of getting breast cancer, your doctor may recommend that you start getting mammograms at a younger age or that you get them more often. The best way to find out what's right for you is to talk to your doctor.

A mammogram is an x-ray picture of the breast. Mammograms use a very low level of x-rays, which are a type of radiation. The risk of harm from this radiation is very low.

Mammograms can be used to screen (test) for breast cancer in people with no signs or symptoms. They can also help doctors figure out if cancer is causing a particular symptom — like a lump or another change in the breast.

When you get a mammogram, a technician will place your breast on a platform and a plastic plate will press it flat to get a clear picture. Usually, the technician will take 2 pictures of each breast — 1 from above and 1 from the side. This part of a mammogram can be uncomfortable, but it usually only lasts 10 to 20 seconds

Education links:

[Breast Cancer—Patient Version - NCI](#)

[Mammograms](#)

[Breast Health: Follow-up after an abnormal mammogram - NCI](#)

