

A Closer Look at Mammograms

Now, a Health minute.

A mammogram is an important screening tool used to look for early signs of breast cancer.

A mammogram is an X-ray picture of the breast.

The U.S. Preventive Services Task Force (USPSTF) recommends that you get screened for breast cancer every other year starting at age 40 and keep getting screened through age 74. But you and your doctor can decide what's right for you.

On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.

For more information on mammograms, go to [cdc.gov](https://www.cdc.gov).