## Mammogram



A mammogram is a special x-ray that takes pictures of my breasts. This is a way for a doctor to find out if my breasts are healthy.

I will go to a special clinic to have this test done – this might even be at a hospital. Having a mammogram does not mean that I am sick! This is something that many women are asked to do.

- 1. Take off my top and my bra.
- 2. Then, my breasts will be placed on the x-ray machine.
- 3. I need to stay very still. It will squeeze my breast and that might hurt, but it will be over soon.
- 4. The machine will take the x-ray pictures.
- 5. I am all done!

## Would I like to learn more about a mammogram?



Do I want to watch a video?

http://ow.ly/ZtFYi



Do I want to read a booklet and look at pictures?

http://ow.ly/ZtGbc or, this booklet: http://ow.ly/ZtGlz



Do I want to listen to someone speak and look at pictures?

http://ow.ly/ZtGIp



Do I need a centre that is wheelchair accessible?

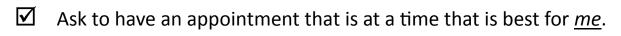
Here is a list of places that are accessible for wheelchairs.

http://ow.ly/ZtGVJ

## Mammogram



"Hi, my name is Janelle. Here are some things that I find helpful when I have to get a mammogram. I hope they help you too!"

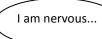




Remember not to wear any deodorant that day.



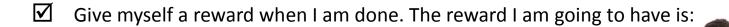
☑ Bring a friend, family member, or someone I trust to come with me.



☑ Let the mammogram centre know that I might be a little nervous.



Ask if I can sit down – if it is hard for me to stand up.



If I think of other questions, I can call: \_\_\_\_\_\_

