

Preparing for your mammogram.



Mammograms are critical in helping to detect breast cancer early, when treatment is most likely to be successful. As a result, they're one of the best steps you can take to protect your health.

The recommended timing and frequency of mammograms may vary based on your age and risk level, but with a few simple tips, you can ensure the best possible mammogram experience.

Keep timing in mind.

Avoid getting a mammogram the week before your period, when your breasts are extra sensitive.

Prep your skin.

Avoid wearing antiperspirants, perfume, lotion, or powder under your arms or on your breasts, as these can show up as white or cloudy spots on a mammogram.

Dress accordingly.

Wear a top that makes it easy for you to undress above the waist.

Talk to your doctor.

Discuss any changes to your breasts with your health care provider before the exam.

Keep a routine.

Choose a mammography specialist and stay with them to make image comparison easier. If you do switch providers, have your previous images sent to your new provider for comparison.

Ask for the latest technologies.

If you are under the age of 50, it can be best to get a 3D or digital mammogram. These take more images at different angles, while making it easier for doctors to enlarge images and take a closer look.

Find the right facility.

If you have concerns about exam access due to a physical disability, call the mammography centers in your area until you find one that meets your needs. Your health care provider or health insurance plan may be able to help with your search.

Mammograms are fully covered as preventive care for women over 40, and even earlier for those with higher risk.*

Turn to Univera Healthcare for more resources on breast cancer detection and awareness, as we help women across Western New York get the care and support they need to make health a priority.

Talk to your doctor about breast health and scheduling a mammogram today!



*When services are provided by an in-network provider. Coverage for members in a Self-Funded plan may vary.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

PHG A11Y 10-07-22