**When is the Right Time for a Mammogram?**

Many women go through their lives not knowing when to get a mammogram as well as what to expect. For some, the fear of not knowing what the outcome will be once a mammogram test comes back freezes them in their tracks. Most women will put off getting a mammogram until they get older or until they are at high risk, which means that many women do not know the density of their breasts. With the lack of knowing the density or if they are high risk for breast cancer, is a very good reason for having a mammogram done, which is a low-dose x-ray that allows doctors called radiologists to look for changes in breast tissue.

Since the increase in breast cancer over the years, doctors have done everything they can to educate women about the importance of having a breast exam done. Along with stressing the importance of mammograms, there are also organizations which educate women on what age every woman should get their breast examination.

Some of these organizations include:

* The U.S. Preventative Services - This organization recommends biennial screening mammography for women who are not high risk and between the age of 50 and 74.
* The American Cancer Society - This organization recommends breast screening at the age of 55 and older.

However, there are authors who have taken part in a modeling study who recommends that 12% of women over the age of 50 and 20% of women over the age of 65 with low breast density and few to no risk, have a trienniel mammogram done. The organization, Are You Dense Advocacy, Inc., reported that there are 40 percent of women with dense breast tissue, while 95 percent of women do not know their breast density. Knowing the importance of having a breast examination can only bring a woman closer to treating a positive result as well as educating her on what to expect with treatment. Taking the time to schedule an appointment for a breast exam is the first step to changing the attitude towards putting it off.