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ATIENZA-HIPOLITO

40 STORIES FOR 40+ WOMEN

CASE #3

***“Mammograms and Radiation:
What’s the Real Risk?”***

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*“Did you know **the radiation from a mammogram** is about the same as what you get just by **living on Earth** for a few months?”*

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We often meet women in their 40s who say:

“I don’t want a mammogram. I’ll just have an ultrasound instead. I’m scared of the radiation.”

This fear is very real – but let’s put it into perspective.

MYTH-BUSTING

- A 2D mammogram has a dose of about 0.4–0.5 mSv, which is roughly the same as 3 months of natural background radiation in Australia.
- A year of everyday living in Australia exposes you to 1.5–1.7 mSv.
- Ultrasound uses sound waves, not radiation – but ultrasound cannot detect microcalcifications, which can be the earliest sign of breast cancer. Mammograms are uniquely able to find these changes.
- Skipping a mammogram means potentially missing early cancers that could be treated more easily and successfully.

THINK OF IT LIKE FYING...

- A Sydney to London flight gives you about the same radiation as one mammogram.
- Most of us wouldn't avoid travel because of that dose. In the same way, mammograms give a very tiny dose – but with a huge benefit: the chance to detect breast cancer early, when treatment is most effective.

💡 **Mammograms are safe, low-radiation tests** that remain the gold standard for early breast cancer detection. Ultrasound is excellent for some situations, but it doesn't replace mammography for screening.

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