

Today is National Mammography Day

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In 1993, President Clinton proclaimed the third Friday in October as National Mammography Day. Today, October 19, is this year's National Mammography Day.

There are many jokes about mammograms. For example, describing preparing for one by laying down on a cold garage floor and lowering the garage door on your breast.

But it isn't that uncomfortable. And it is worth it. I love life and having such a small procedure done at regular intervals is a small price to pay for reducing my chances of dying from breast cancer.

I think that mammograms are easier for nudists. Unlike many women, we aren't afraid that someone might see our breasts. I am always amused during a mammogram when the technicians are so very, very careful to keep my breast as covered as possible. I usually tell them that I am a nudist, but they don't really get it.

So, if you are a woman, do yourself a favor today. Call your doctor and make an appointment for your mammogram if it is due. And if you are a man, remind the women in your life that you love that they take good care of themselves — and to schedule a mammogram when it is due.

Read more <http://www.aanr.com/blog/today-is-national-mammography-day/>