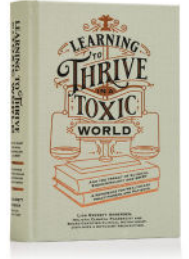
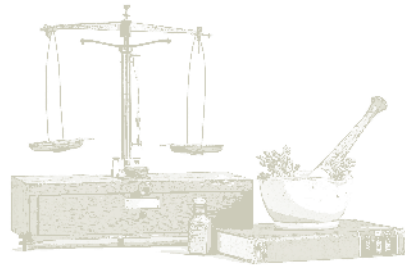


# Mammograms

**Lisa Everett Andersen, B.S.C. Pharm, CCN, FIACP, FACA**  
*Author, Holistic Clinical Pharmacist and Board Certified Clinical Nutritionist*



**Mammograms** – an essential part of women’s health, right? As a woman, you must joyously go into the doctor’s office to have your mammograms, and then proclaim to all of your sisters, mothers, daughters, and friends how they should do the same. If not, you’re crazy, ridiculous, and may very well die of breast cancer. Breast cancer charities, hospital and cancer society ad campaigns, and social media posts pushing mammograms as self-love and self-care only add to the confusion with false information. But as I mentioned in *Learning to Thrive*, this popular idea that mammograms save lives is a **MYTH**.

Through the years, I have been called upon to explain to both patients and open-minded doctors that scientific studies show mammograms actually do more harm than good. And now I’m excited to have some help on that front.

Dr. Michael Greger, in his straight-forward and facts only way, has created a series of 14 short videos, each scientifically explaining different aspects of mammograms and breast cancer. Below, you will find links to three of the videos, but I suggest taking the time to watch all fourteen. Once you’ve clicked into any of the videos in this series, you can scroll down the page to find links for the remaining thirteen.

In watching what Dr. Greger has put together and after reading my book, I hope you might be more confident in making an educated and informed decision for your health and/or the health of your patients. Instead of giving into the fear mongering that exists in so many aspects of healthcare, remember the best preventatives to any cancer, virus, or disease are clean, healthy eating, exercise, sleep, meaningful and nutrient rich supplements, balanced hormones, and reducing your exposure to toxins. While mammograms cannot prove to be a viable tool in the war against cancer, adopting these lifestyle principles absolutely can.

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<https://nutritionfacts.org/video/do-mammograms-save-lives/>

<https://nutritionfacts.org/video/why-patients-arent-informed-about-mammograms/>

<https://nutritionfacts.org/video/breast-cancer-and-the-5-year-survival-rate-myth/>