



Mammogram

A mammogram is an x-ray of the breasts using low-dose radiation. It is used to find breast cancer in women.



Why is a mammogram done?

A screening mammogram is used to help find breast cancer early in women who have no symptoms. It looks for:

- Calcifications (hardened build-ups of calcium)
- Cysts
- Fibroadenomas (solid lumps of normal breast cells)

A diagnostic mammogram may be done as a problem-solving exam in patients who have physical findings or screening mammograms that are not normal. It may also be used for patients with breast implants.

When you arrive:

- Park in the Green Lot.
- Go through the Green Entrance and check in at the registration desk.
- When you are done at check-in, you will be taken to the radiology waiting area.

3D Mammography:

3D mammography lets the doctor see the breast more clearly, giving them more confidence to rule out non-cancerous tumors. In the past, follow-up office visits may have been needed to come to this same conclusion. Lowering the “call-back” worry is just one of the many benefits of this machine.

Getting ready for the exam:

Dress in a comfortable, two-piece outfit. You will be asked to change into a gown from the waist up during the exam. You should not use any type of powders, deodorants, ointments or creams before your exam because they can change the clearness of the mammogram.



What if I have implants?

If you have breast implants, please tell the technologist (the person doing your exam) before starting because the exam will be done in a different way. The complete screening mammogram exam takes about 20 minutes. Implants can take about 40 minutes.

Results:

Results from the screening exam will not be ready right away. A radiologist will look at your pictures and report back to your health care provider in 24 to 48 hours, Monday through Friday. Your health care provider will give you the results.

Breast Cancer

How you can help yourself:

Over 90% of breast cancers can be found when all three methods below are used together.

- **Breast Self Exam (BSE):** Starting in their 20's, women should learn how to do a BSE.
- **Clinical Breast Exam:** Done every three years for women in their 20's and 30's, and every year for women over 40.
- **Mammography:** Done every year starting at age 40. Mammograms may be done at an earlier age if there is a strong family history of breast cancer or other risk factors.

About one in eight women will be diagnosed with the disease over the course of her lifetime. The risk of developing breast cancer increases with age. Your risk will also be higher if you:

- started your period at an early age (before age 12)
- have a family history of breast cancer
- have a known BRCA1 or BRCA2 gene mutation
- have never given birth
- were over age 30 at birth of first child
- have dense breast tissue
- have used hormones such as estrogen and progesterone
- are obese
- drink more than one alcoholic beverage per day