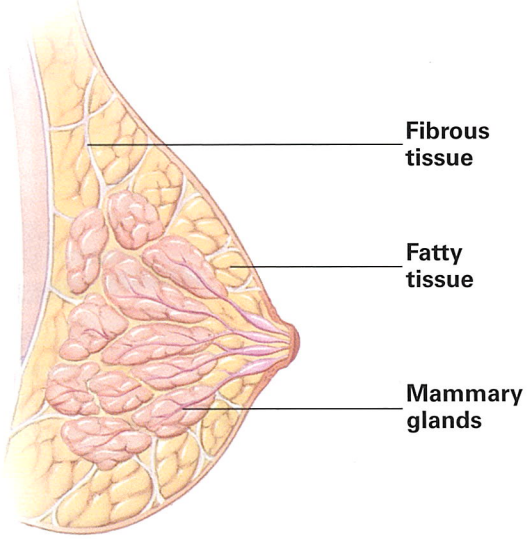
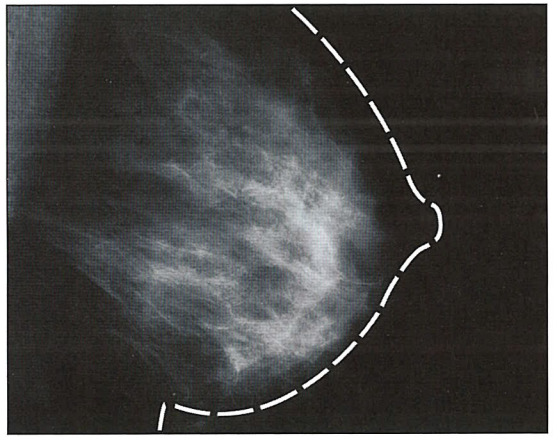
What is Mammography?

Mammography is an x-ray exam of breast tissue. The image produced is called a **mammogram.** A mammogram can help detect problems with your breasts. There's a small amount of radiation with mammography. But the benefits of this test far outweigh any risks.



Breast anatomy



Actual mammogram

Screening Guidelines

The following are recommended guidelines for regular mammogram screening:

Age	Mammography
At 40	First mammogram
40 and over	Every year

Professional breast exams and regular self-exams are also an important part of maintaining your breast health.

My Appointment:

Date _____

Time _____

Place _____

Consultant:
Catherine M. Mills, MD, Radiology
With contributions by:
Joanne Piscitelli, MD, OB/GYN
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Also available in Spanish

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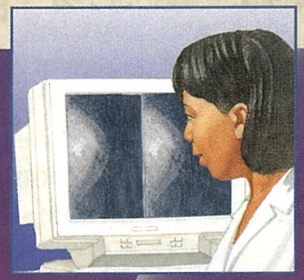
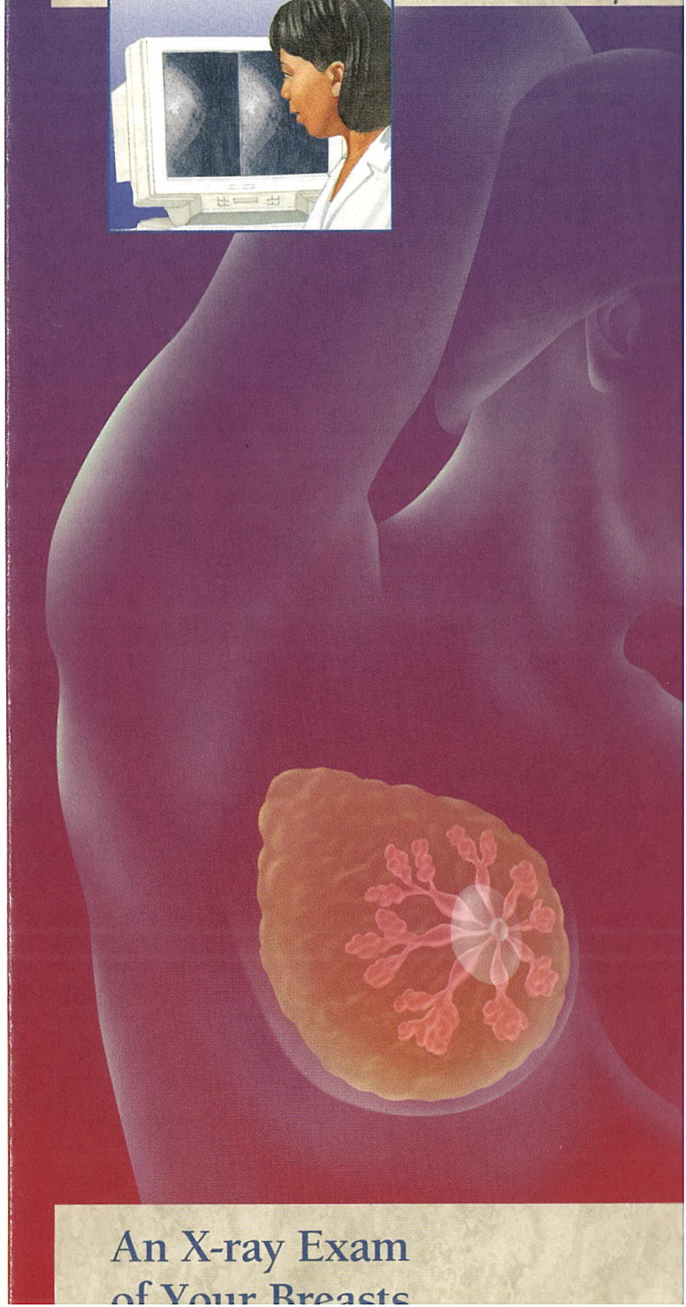
Mammography





An X-ray Exam of Your Breasts

Before your test

A mammogram is a simple test that requires only a little planning. Schedule the test for one week after your period when your breasts are less tender. Also make sure your clinic gets your last mammogram if it was done somewhere else. This lets the doctor compare the two. On the morning of your test, wash your breasts and underarms, but don't use deodorant, powder, or perfume. Wear a blouse or sweater that you can remove easily. Also check to see how early you need to arrive.

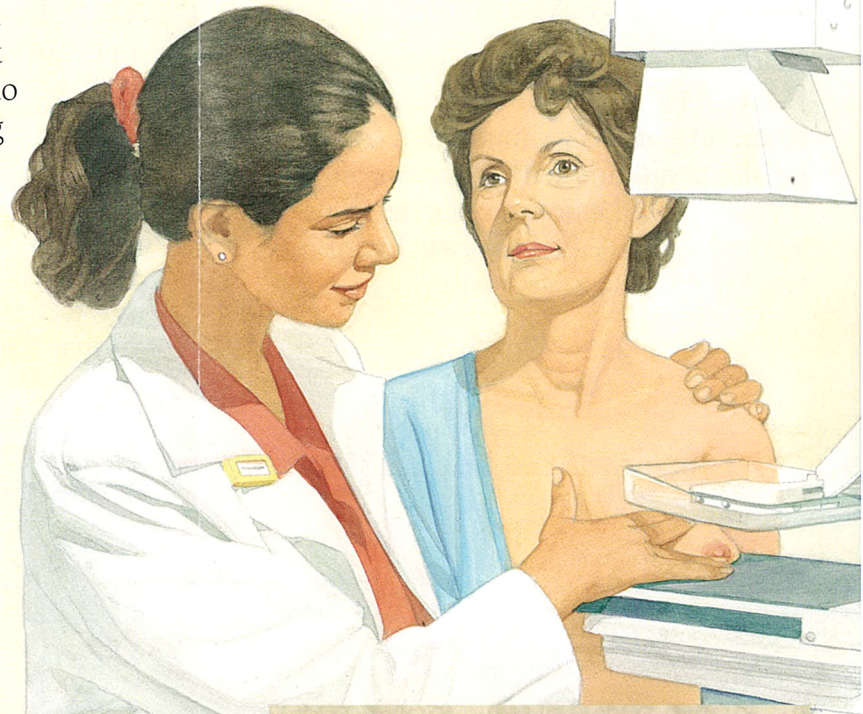
LET THE TECHNOLOGIST KNOW

For your safety and to get the best test results, let the technologist know if:

- You're pregnant or think you may be.
- You have breast implants.
- You have any scars or moles on or near your breasts.
- You've had a breast biopsy or surgery.
- You're breastfeeding.

During your test

You will need to undress from the waist up. The technologist will then position your breast to get the best test results. During the exam, each of your breasts will be compressed. You may feel some discomfort, but compression helps get the most complete x-ray image. Once the exam is done, the technologist may have you wait a few minutes to make sure the images are readable.



FOR YOUR COMFORT

- Remain as relaxed as you can during compression.
- Know that any discomfort will be very brief.

After your test

You can return to your normal activities right away. Sometimes, more pictures may be needed. You'll be called to schedule them. You should be notified of your test results in writing. Ask about this on the day of your appointment.