

WHAT TO EXPECT AT YOUR MAMMOGRAM.

WHAT IS A MAMMOGRAM?

A LOW-DOSE X-RAY PICTURE OF THE BREAST. THERE ARE THREE TYPES:

- 1. Baseline mammograms** – this is a woman's first mammogram, ideally had at age 40, which can be used to compare against future mammograms. A baseline is useful in identifying any changes in breast tissue that could signal a problem.
- 2. Screening mammograms** – the routine mammograms a woman has annually. **UH Seidman Cancer Center** recommends annual mammograms for all women over age 40.
- 3. Diagnostic mammograms** – only required for changes since your last mammogram; used to view lumps, discharge, nipple retraction, focal pain, skin retraction and change in breast tissue.

THE LATEST TECHNOLOGY

We also offer the most advanced 3D digital mammogram technology – **tomosynthesis** – which is especially useful for women who have dense breast tissue. Be aware, however, there may be an extra charge for tomosynthesis, so be sure to check with your insurance company if you are interested in this mammogram technology.

SCHEDULING YOUR APPOINTMENT

To schedule your mammogram, you will need an order from your physician. Once you have the order from your doctor, you're ready to make your appointment. Mammograms are offered at locations across the University Hospitals system.

A helpful hint: schedule at the end of your monthly menstrual cycle – your breasts will be less tender at this time.

BEFORE THE APPOINTMENT

Avoid wearing deodorant, body powders or perfume on the day of your appointment – they can contain tiny bits of metal that show up on an X-ray image and may look like an abnormality.

DURING THE APPOINTMENT

You'll be asked to wear a hospital gown and remove all clothing from the waist up. You'll then stand in front of the X-ray machine. Your breast will be compressed between two paddles – this results in clearer pictures and requires less radiation. We will ask you to hold your breath and stay still for a few seconds while top and side view pictures are taken on one breast, then on the other breast. We'll also inquire about your comfort level throughout the test – there may be a bit of discomfort while the breast is compressed, and sometimes for a few days after.

AFTER THE MAMMOGRAM

If you're having a screening mammogram, you'll be able to leave once the test is complete. If you are having a diagnostic mammogram, you'll speak with a radiologist or technologist before you leave. In some cases, you may need to have a few more pictures taken of your breast before you leave – this can happen if the picture is not clear or if a change in breast tissue is observed. You might also be asked to schedule additional tests. These are usually routine measures that help us get better views of your breast tissue. Your doctor will receive a detailed report about the test, and you'll receive a letter with the test results within a few business days.

Now that you know the basics, you know you can handle a mammogram. **MAKE YOUR APPOINTMENT TODAY.**

IT'S TIME TO **WOMAN UP.**SM

CALL 216-844-BRST for an appointment or visit **UHSeidman.org/WomanUp** to learn more.