

How Will I Find Out the Results?

A doctor with special training in reading mammograms will look at the pictures from your mammogram and interpret the results. The results will be sent to your provider.

You will receive a letter, phone call, or message in My Sanford Chart about the results.

When Is This Test Done?

Yearly (annual) screening mammograms have helped reduce the number of deaths from breast cancer.

- Women should have a screening mammogram every year starting at age 40.
- Women at higher risk may need to start screening at an earlier age. Talk to your provider about your personal risk factors and testing needs.
- If you have concerns about your breasts before your yearly screening mammogram, call your provider.
- Experts do not all agree on the best age for women to stop getting mammograms. As you get older, it is a good idea to talk with your provider about the pros and cons of screening mammograms.

What If I Need to Come Back?

Sometimes the doctor can better see an area by looking at it from another angle or by using contrast. We may ask you to come back in for more pictures. 5 to 10 women out of 100 need more pictures taken after their screening mammogram.

To schedule your next mammogram, call **(855) 35-EDITH, (855) 353-3484** or visit **mysanfordchart.org**.

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Mammography

Mammography

Mammography is an x-ray exam of your breast tissue. The pictures are called a mammogram. It can help find problems with your breasts, such as cysts or cancer. There are 2 reasons to have a mammogram:

- **Screening.** This is done when a woman has no symptoms. It is often done once a year to look for problems in your breasts.
- **Diagnostic.** This is done after results of a screening mammogram suggest there is a problem, the woman has some signs of breast cancer or other concerns.

Depending on the reason for your mammogram, you may have a:

- **2D mammogram.** Creates flat, 2-dimensional (2D) pictures of each breast. This is used only for screening.
- **3D mammogram.** Done at the same time as a 2D mammogram, where it is available. It can be screening or diagnostic. It takes images of thin slices of breast tissue in just seconds. This more detailed view of the breast tissue helps:
 - Find small breast cancers that may be hidden during 2D mammography
 - Give a clearer view of areas of concern, especially in dense breast tissue
- **Contrast-Enhanced Mammography (CEM).** Diagnostic x-ray exam of breast tissue that can help detect or rule out problems with your breasts, like cancer. Contrast mammography uses an iodine based x-ray contrast material (dye) given through an IV, before a mammogram, making abnormal areas more clearly seen.

Breast Screening

A family history of breast cancer raises your risk. However, 8 out of 10 women diagnosed with breast cancer do not have a family history. That is why screening mammograms are so important.

How Long Does It Take?

A mammogram takes 20–30 minutes. If contrast is used, it will take 60 minutes.

Before Your Test

- Schedule the test to be done one week after your period, when your breasts are less tender.
 - Let the person scheduling your mammogram know if you are in a wheelchair, it is hard for you to stand, or you will need special help.
- On the morning of your test, wash your breasts and underarms. Do not use deodorant, powder, or perfume.
- Wear a shirt that is easy to remove. You will need to undress from the waist up.

During Your Test

- The technologist will position your breast to get the best test results.
- Your breast will be compressed one at a time, in 2 views of each breast. Diagnostic imaging may result in additional views to clearly visualize the area of interest.

Let the Technologist Know If You:

- Are or may be pregnant
- Are breastfeeding
- Have breast implants
- Have any scars or moles on or near your breasts
- Have ever had a breast biopsy or surgery

How Much Do Mammograms Cost?

- Mammograms are often covered by insurance or Medicare. Check on your coverage for 3D screening mammograms.
- State and federal programs in many areas may offer free or reduced cost mammograms to women with low incomes.

Is It Safe?

Yes, mammograms are safe.

Mammogram machines use very low levels of radiation.

