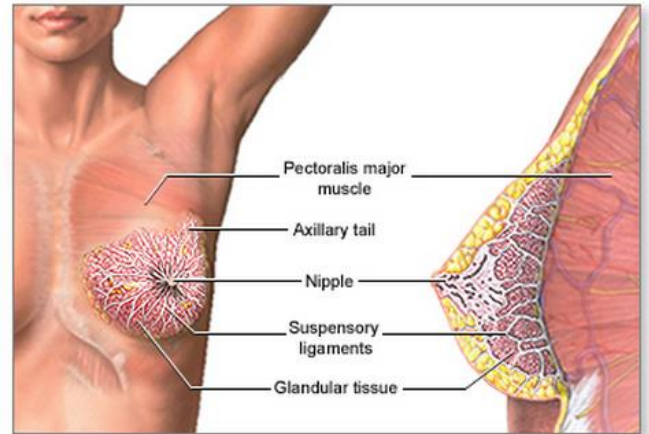


Mammogram

A mammogram is an x-ray picture of the breasts. It is used to find breast tumors and cancer.

If breast cancer is found early, it is more likely to be cured.

The test is safe and very low risk.

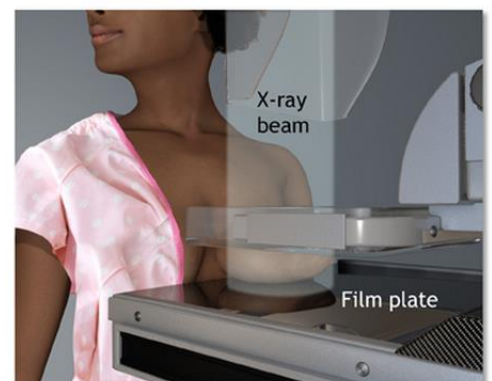


How the Test is Done

1. You will be asked to undress from the waist up. You will be given a gown to wear. Depending on the type of equipment used, you will sit or stand.



2. One breast at a time is rested on a flat surface that contains the x-ray plate. A device called a compressor will be pressed firmly against the breast. This helps flatten the breast tissue.
3. The x-ray pictures are taken from several angles. You may be asked to hold your breath as each picture is taken.



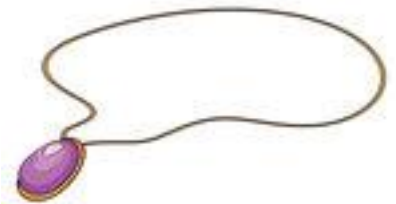
You may be asked to come back at a later date for more mammogram images. This does not always mean you have breast cancer. The doctor may simply need to recheck an area that could not be clearly seen on the first test.

How to Get Ready for the Test

1. Do not use deodorant, perfume, powders, or ointments under your arms or on your breasts on the day of the mammogram. These substances may hide the images.



2. Remove all jewelry from your neck and chest area.



3. Tell your doctor and the x-ray technologist if you are pregnant or breastfeeding.



How the Test will Feel

The compressor surfaces may feel cold. When the breast is pressed down, you may have some pain. This needs to be done to get good quality images.

Sources (accessed 7/7/2015):

Information: <http://www.nlm.nih.gov/medlineplus/ency/article/003380.htm>

Female breast image: <http://www.nlm.nih.gov/medlineplus/ency/imagepages/1075.htm>

Mammogram image: <http://www.nlm.nih.gov/medlineplus/ency/imagepages/17085.htm>

Gown image: http://artginger.com/artwork/1946191_hospital_gowns_Somerville.html

Necklace image: www.clipartof.com/1130052