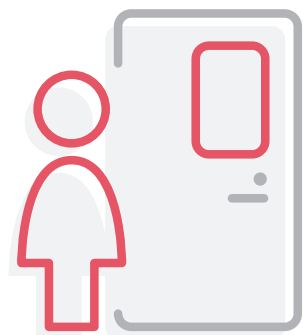


## EXAMINATION DETAILS

# Digital Mammography

Mammography is a specific type of imaging that uses a low-dose x-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

### What to Expect During Your Appointment



### Metallic Materials

All metallic materials and certain clothing around the body should be removed as they may interfere with the procedure or clarity of the images. We provide you with your own locker for your belongings.

### Remaining Still

Help us ensure picture clarity by remaining still. You may be asked to keep from breathing for a few seconds while the x-ray picture is taken.

### Positioning For Imaging

Your breast will be placed on a special x-ray machine, and a plastic plate will slowly press and flatten your breast to hold it in place for a few seconds. You will feel some pressure but this pressure does not harm your breast tissue. The process will be repeated for the other breast. Four pictures are taken, two of each breast.

### Short Exam Time

A mammography exam typically takes between 10 to 30 minutes.

### Get Your Results

Our center will contact your physician once your images are produced. Only your physician can discuss your results with you.

## Common Mammography Applications

### Screening Mammography

- Early detection of breast cancer: it can show changes in the breast up to two years before a patient can feel them
- Current guidelines recommend yearly screening mammography for women beginning at age 40
- Seek medical advice about early screening, if you have a personal or family history of breast or ovarian cancer

### Diagnostic Mammography

- Evaluate abnormal clinical findings such as breast lump or nipple discharge
- May be performed after an abnormal screening mammography, to evaluate the area of concern on the screening exam



## EXAMINATION PREPARATION

It is extremely important that you follow these instructions for your exam.

### How to Prepare For Your Appointment

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#### Before Booking Your Exam

Before scheduling your breast exam, it is recommended that you discuss with your physician any new findings or problems in your breasts. In addition, inform your physician of any prior surgeries, hormone use and personal or family history of breast cancer.

#### Bring To Your Exam

If possible, obtain prior mammograms and make them available for the radiologist at the time of this current exam.

#### Booking Your Exam

Most women's have tender breasts the week before and after their period. Book your breast exam for a time when your breasts are not so tender.

#### During Your Exam

Describe any breast symptoms or problems to the technologist performing the exam.

#### Before Your Exam

Do not wear deodorant, talcum powder or lotion under your arms or on your breasts on the day of the exam. These can appear on the mammogram as calcium spots.

#### Be Sure To Get Your Results

Ask when your results will be available; do not assume the results are normal if you do not hear from your doctor or the mammography facility.

### Alert Your Physician or An Akumin Staff Member

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Women should always inform their physician and technologist if there is any possibility that they are pregnant. Many imaging tests are not performed during pregnancy so as not to expose the fetus to radiation. If an x-ray is necessary, precautions will be taken to minimize radiation exposure to the baby.

