



Tri-City Medical Center

Mammograms 101

Everything You Need to Know

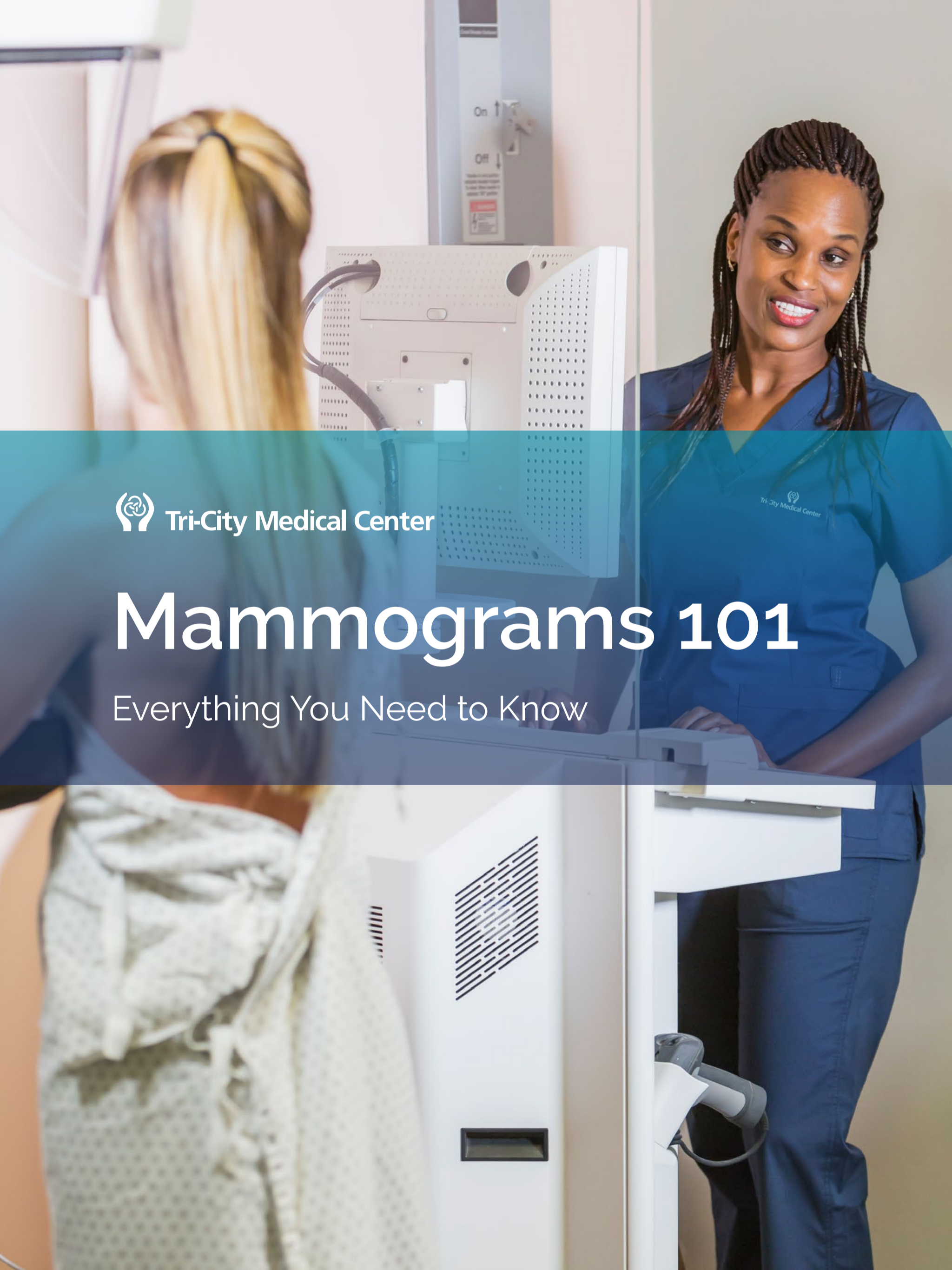




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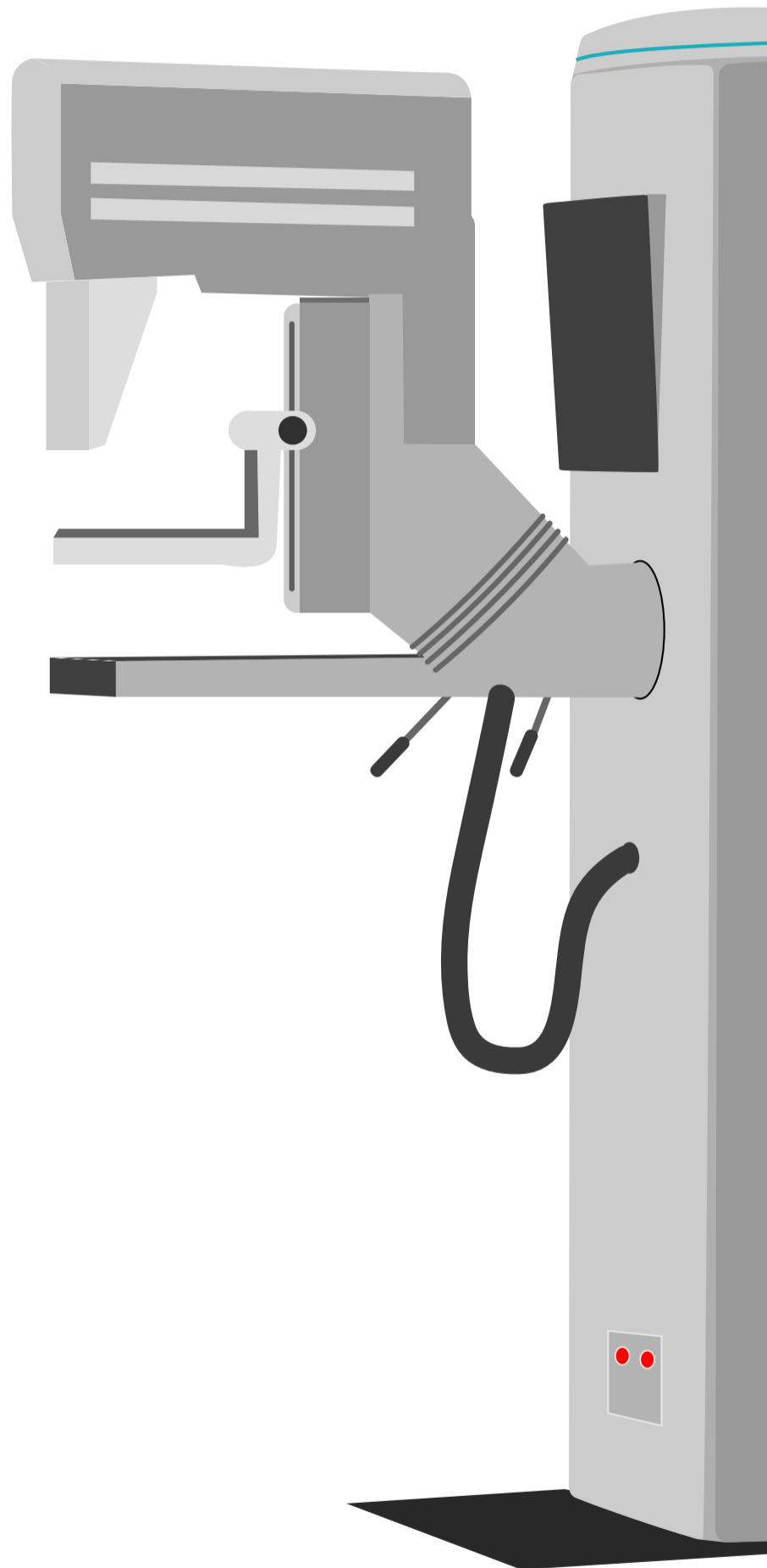
INTRODUCTION

Your first day of school, your first job, your first house. Like other big firsts throughout your life, your first mammogram can come with a lot of stress.

Unfortunately, like many other first moments in your life, a mammogram doesn't usually come with the same level of excitement — but that doesn't make it any less important. In fact, while undeniably less thrilling, the benefits of getting regular mammograms are immeasurable. Scheduling a mammogram could even wind up saving your life.

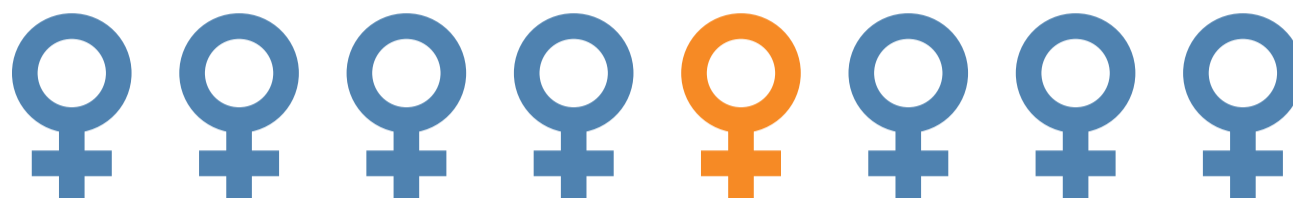
After you've had a couple, many people will find mammograms become routine, but at first it's totally normal to feel a little overwhelmed and anxious. We want to help you understand the process so you're more comfortable and prepared. In this ebook, we'll break down some of the most important information about mammograms and cover some frequently asked questions.

Whether you're going for your first mammogram or just want to know more about the process, the team at Tri-City Medical Center has got you covered.

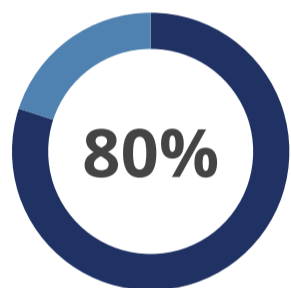


CHAPTER 1

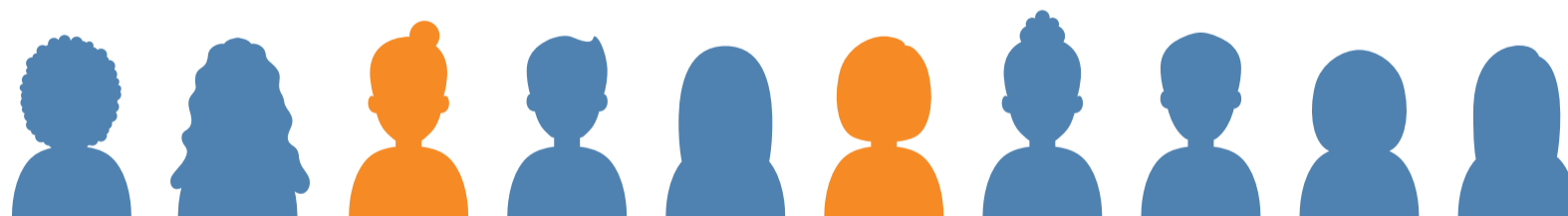
WHY GET A MAMMOGRAM?



- **1 out of every 8 women** in the United States will develop breast cancer in her lifetime
- **Over 190,000 people** are diagnosed with breast cancer every year
- **Not only women** get breast cancer, but they make up the vast majority



- Mammograms have an approximately **80 percent accuracy** rate
- A mammogram can detect breast cancer early, **increasing survival rates**
- Only **two out of every 10 women** who get breast cancer have a family history



CHAPTER 2

WHO NEEDS MAMMOGRAMS?

The most recent recommendations from the American College of Radiology and Society of Breast Imaging indicate women should start getting yearly mammograms at age 40. It is widely agreed upon that this approach saves the most lives from breast cancer.

That said, some women with a higher risk may want to consider starting screenings earlier than recommended. Those who may have a higher risk include women who have two or more close relatives who developed breast cancer, women who had radiation therapy to treat another cancer in the chest region, and women who have taken oral contraceptives in the past 10 years.

If you ever notice a change in your breast(s) — no matter what age you are or how recently you've had a mammogram — then you should talk to your doctor as soon as possible. Don't delay!



CHAPTER 3

WHAT TO EXPECT AT YOUR MAMMOGRAM APPOINTMENT

It's normal to have some anxiety surrounding what to expect at your first mammogram. Here are some general pointers:

- The whole process will take around 20 to 30 minutes
- You'll have to remove your shirt for the mammogram
- A technologist will position your breasts for the scan
- The machine will flatten your breast between two plates for just a few seconds
- This may cause some discomfort, though many people report it's not as bad as they thought it would be
- The technologist will take at least two views of each breast, though some women might need more
- You should get the results of your mammogram within two weeks
- If there is anything unusual spotted in your results, you'll be called back for a follow-up
- Suspicious findings are more common with first mammograms and usually are not cancerous

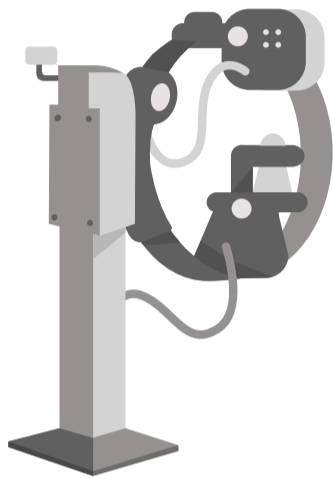


Your hospital staff can provide more detailed information on what you should do to prepare for your mammogram appointment. Here are [a few helpful tips](#) we like to give our patients:

- Wear separate tops and bottoms on the day of your mammogram
- If possible, go to the same facility every time
- If you change facilities, make sure your new one has all of your previous results
- Avoid deodorant or antiperspirant, which might show up on the results
- Discuss any breast changes you've noticed with the technologist before the mammogram starts
- Talk to your technologist about over-the-counter medication to decrease discomfort, if you're interested

CHAPTER 4

HOW MAMMOGRAMS WORK

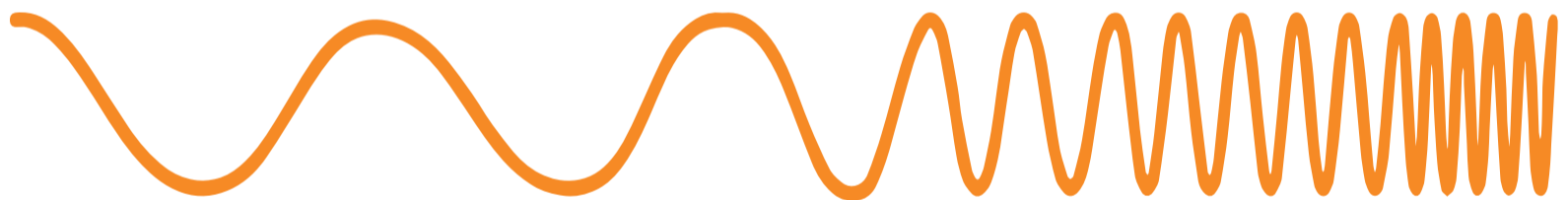


Mammograms are x-rays of the breasts that can be used to detect cancer or other abnormalities.

The machine sends small bursts of x-ray waves through the breast tissue to a detector plate on the other side. It also rotates to produce one image from above, and one from the side. In the image, breast tissue will show up as either light or dark, depending on its density. The radiologist will look for areas of denser tissue that appear different from normal tissue variations.

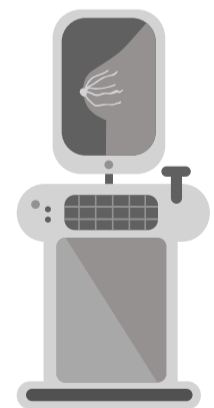
There are two types of detectors: those that produce film images, and those that produce digital images. Digital images offer a couple unique benefits: it's easier to adjust the contrast to see more clearly, and the computer can help detect abnormalities.

There is also the option to get a 2D or 3D mammography. A 3D mammography takes slightly longer, requires special training by the radiologist, and may not be covered by all insurance; however, 3D mammograms can deliver higher levels of detail.



Mammograms may be less effective for some women, especially those with dense breast tissue or implants. In these cases, an alternative technique might be needed. For example, [the SonoCiné](#) is an ultrasound device — meaning it uses sound waves — that produces scans of the whole breasts and regions around them for a more thorough image of the area.

SonoCiné is especially good at finding cancers while they're small, which can improve survival rates. The ultrasound device will often be used alongside a mammogram to get a fuller picture.



CHAPTER 5

WHERE TO GET A MAMMOGRAM

Before you schedule a mammogram anywhere, make sure the facility you've chosen is FDA-certified and check to see what your insurance will cover.

There are several places you can get a mammogram:

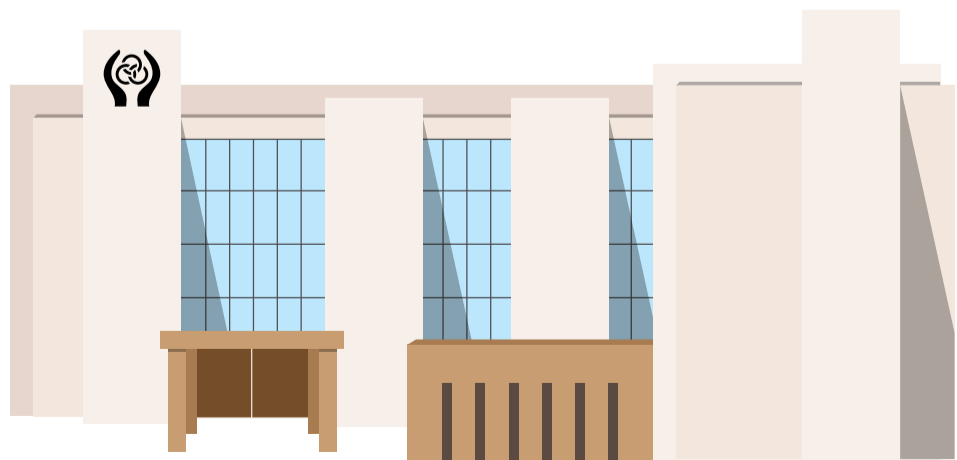
- Radiology and imaging centers
- Hospital radiology departments
- Mammography clinics
- Mobile vans
- Some doctors offices

The best place to get a mammogram is somewhere they do them regularly and offer the full spectrum of breast health services.

At the [Edgar and Jo Anne Jones Diagnostic Center](#) at Tri-City Medical Center, we specialize in high-tech mammography screenings, MRI, ultrasound (using SonoCiné technology), and all types of breast biopsies.

We diagnose women with early breast cancer [a higher percentage of the time](#) than most doctors do nationwide. We're also one of the first hospitals in the region to offer [intraoperative radiation therapy \(IORT\)](#): a targeted, low-radiation treatment option for early stage breast cancers. And if you have to come back for additional images, you'll have the opportunity to speak to your radiologist and receive results on the very same day as your appointment.

Patients can get their mammograms, advice, and treatment [all under one roof at Tri-City Medical Center](#). Our team are experts in breast health, uniquely qualified to interpret results and help you on your journey.



CONCLUSION

Regular mammograms are essential for maximizing your chances of a long, healthy life. Early detection is breast cancer's worst enemy.

Remember that regular mammograms are just one part of monitoring your health as you age. You'll want to work with your health provider to discuss all of your health concerns and risk factors — and all of the strategies you can employ — to be the healthiest version of yourself possible.

Take control of your health today by [scheduling a mammogram](#) or making an appointment to discuss any questions with your health provider. We can't wait to see you soon.



Tri-City Medical Center

Brought to you by the experts at
Tri-City Medical Center.

SOURCES

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