

# MAMMOGRAM

Mammograms remain the gold standard for screening patients over the age of 40 years. This test has saved millions of lives. The mammograms are low dose in radiation that they require .



Mammography is a low-powered x-ray technique that captures a picture of the internal structure of the breast. Additional angles and magnified views are taken of suspicious areas. A mammogram may help in the diagnosis of breast problems, including cancer.

The American Cancer Society recommends that women over the age of 40 get mammogram's every one to two years.

## **When you come in for your mammogram's, you will need to:**

1. Bring all your previous mammogram's for comparison.
2. A script for the mammogram to be preformed
3. No powder , perfumes, or deodorant.
4. Wear a 2 piece outfit for your comfort.

REMEMBER!! Mammogram's **are not 100%**.

## **6 to 10 percent of lesions are missed on mammograms.**

So remember to do a frequent breast exam. If there is a change in your exam, you need to be seen for an evaluation regardless of what your last mammogram showed.

## **CHECK YOURSELF TO SAVE YOURSELF!**