

Mammogram

What is a mammogram?

A mammogram is a low-dose X-ray that examines breast tissue.

When is it used?

A mammogram helps detect breast cancer at an early stage as well as other benign masses, such as cysts. Mammograms can detect some types of cancer before you or your healthcare provider can feel a lump. Mammograms can also show a more exact location of a growth before you have a biopsy or surgery to remove it. Mammograms can be used along with an ultrasound or MRI to better detect breast cancer.

How do I prepare for a mammogram?

Don't put any deodorants, powders, lotions, or perfumes on your underarms or chest on the day your mammogram. These products can make it difficult to interpret the test results correctly.

What happens during the procedure?

You will be asked to take off your shirt and bra. A gown that opens in the front will be provided. The machine has a platform for your breast. The technologist will place your breast on the platform and put a plate on the breast to press it gently. It takes just a few minutes for the technologist to take X-rays of each breast. It may be uncomfortable for a few seconds, but it allows the X-ray to show more of the tissue deep within your breast. Two different views of each breast will be taken to check the whole breast.

What happens after the procedure?

The X-rays will be read by a radiologist and the results reported to your healthcare provider. You will also receive a letter in the mail explaining the results of your exam.

If you have a high risk for breast cancer and are 30 years old or older, ask your healthcare provider how often you should have a mammogram. Your provider may recommend MRI screening as well.

All women age 40 to 70 should have a mammogram every year, depending on their personal and family history. Comparing mammograms from year to year helps detect early cancer. If you are over 70, ask your healthcare provider how often you should have a mammogram.

Your healthcare provider should give you a breast exam once a year. In addition, you should do a breast self-exam every month, even if you have an exam by your provider and a mammogram every year.

What are the benefits of this procedure?

Mammograms help your healthcare provider diagnose breast problems. Most commonly, they help find breast cancer at an early stage. The smaller and the more localized a cancer is at the time of diagnosis and treatment, the greater the chance of a cure. The mammogram allows the detection of some types of breast cancer one to two years before you or your healthcare provider would be able to feel it. There is a better chance of curing the cancer if it is found at an early stage. Mammograms are also done quickly, usually lasting only 20 minutes.

What are the risks associated with this procedure?

There are no known significant risks from having mammograms according to the recommended screening schedule. Discuss any concerns you have with your healthcare provider.

Mammograms do not detect all breast cancers. About 1 out of every 4 or 5 breast cancers are missed by a mammogram and found only when they are felt with the fingers. If you feel a lump in your breast, report it right away to your provider even if you have had a recent mammogram that did not find any cancer.

MOBILE MAMMOGRAPHY

“A few minutes today...Can add years to your life.”

Mobile Mammography brings a potentially life-saving exam right into your community, whether in a Fortune 500 company, factory, church or a clinic setting. Being a mobile set-up, this allows women in the community to feel comfortable and relaxed. We screen & educate women in breast health awareness regardless of their income, background or if they are insured, underinsured or uninsured.

Our Mobile Mammography Program is accredited by the American College of Radiology and FDA approved.

Why use Mobile Mammography?

Convenience

We live in a fast paced environment and time is an issue for everyone. We can have you check in, screened and finished in only 20 minutes. We also have the same high standards as any stationary program and we follow all the procedures as our hospital.

Our dedicated staff, which includes the secretary, technologist & Radiologist, ensures the best quality care for our patients. We believe and practice the Planetree model.

We are HIPPA compliant and our turn-around time for reports to physicians and our patients is within 10 days by mail.. We track all results by following the guidelines of the ACR and FDA..

Positive Impact

The work place provides an ideal setting to reach women with busy lifestyles. Corporate wellness programs are now recognizing that by providing on-site screenings they are reaching out to their female employees in a positive manner.

By being in the community, the women feel comfortable in a familiar setting. They come to the education sessions where they learn about breast health awareness and our grant program. This important information has increased the screenings in the under and uninsured population.

The requirements to quality for a mammogram are as follows:

- You must be age appropriate.
- Be an established patient with a doctor or clinic facility.

You must have a prescription to have a mammogram and will need an appointment. To make an appointment and for more information, please call (203) 276-5990