

# MAMMOGRAPHY



Lakes Regional  
Healthcare

An Avera Partner



Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight (12 percent) of women in the United States will develop invasive breast cancer during her lifetime.

### **Early Detection Is Best**

A mammogram is an X-ray exam of the breast used to detect and evaluate breast changes, including those associated with cancer.

The American College of Radiology recommends annual mammograms beginning at age 40. These guidelines are for women at average risk for breast cancer. Those at higher risk may have different guidelines as determined by their provider.



# TYPES OF MAMMOGRAMS

## **Screening Mammograms**

A screening mammogram is an X-ray of the breasts in a woman who has no symptoms. The goal of a screening mammogram is to find cancer when it is too small to be felt by the woman or her provider. Finding small breast cancers early with a screening mammogram greatly improves the woman's chance of successful treatment.

A screening mammogram usually takes two X-ray pictures (views) of each breast. Some patients, such as those with large breasts or implants, may need to have more pictures to see as much breast tissue as possible.

## **Diagnostic Mammograms**

A diagnostic mammogram is an X-ray exam of the breasts in a woman who either has a breast problem (i.e., a breast lump) or had a change show up on her screening mammogram. During a diagnostic mammogram more pictures are taken to carefully study the area of concern. A breast ultrasound may be recommended by the radiologist after the diagnostic mammogram to further investigate the area of concern.

## **3-D Mammograms**

For women with very dense breasts, 3-D mammography (digital breast tomosynthesis) provides images of the breast in slices from many different angles. This makes abnormalities easier to see and can reduce the need for you to return for additional imaging.

## **Before Your Mammogram**

1. If you have had mammograms at another facility, try to bring those screening images to your exam (or have them sent by your provider) to be compared to the new ones. This will help the radiologist find small changes and detect cancer as early as possible.
2. If you still have a period, try to schedule your mammogram the week just after your period, when your breasts are less tender or swollen. This will help reduce discomfort.
3. On the day of your exam, don't wear deodorant, antiperspirant, powder or perfume. Some of these contain substances that can show up on the X-ray as white spots and mimic breast cancer.
4. Always let the technologist know if:
  - You are pregnant or think you may be pregnant
  - You have breast implants
  - You are breastfeeding
  - You have had any breast changes or problems
  - You are using hormones
  - You or a family member had breast cancer

## **During Your Mammogram**

You will have to undress above the waist to have a mammogram. We will provide a gown for you to wear. The technologist will position your breasts for the mammogram. Your breast is compressed

between two plates attached to the mammogram machine — a plastic plate (on top) and an X-ray plate (on the bottom). Although the entire procedure takes about 30 minutes, compression only lasts a few seconds but is necessary to get a good picture. You may feel some discomfort when your breasts are compressed. If it is painful, tell the technologist so she can make the compression more comfortable for you.

### **After Your Mammogram**

You can return to your normal activities right away. You will receive your results within 30 days. However, you will likely be contacted within five working days if there is a problem with the mammogram. Please be aware that being called back for more testing does not mean that you have cancer. Being called back occurs fairly often, and typically means more pictures and/or an ultrasound are needed to see an area more clearly. In fact, only a small percentage of women who are called back for more tests are found to have breast cancer.

## **The Standard in Digital Mammography**

Your breast health is essential and yearly mammograms are vital in the fight against breast cancer. Lakes Regional Healthcare uses digital mammography technology, which allows the provider to magnify and optimize different parts of your breast tissue. With this technology, you experience shorter exam times and fewer callbacks, resulting in less anxiety and superior care. It's designed with you in mind to make breast compression during your exam more comfortable.

**Call Lakes Regional Healthcare at 712-336-8658 to schedule your annual mammogram.**



# Lakes Regional Healthcare

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All Lakes Regional Healthcare technologists are registered by the American Registration of Radiologic Technologies and have completed special training.

Mammograms can be scheduled Monday through Friday, 8 a.m. – 4:30 p.m. To schedule an exam, please call **712-336-8658**.

## Your next appointment is:

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

The Iowa Care for Yourself Program is available for women needing financial assistance for health care. Please call **712-362-2490** to inquire.

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**[lakeshealth.org](http://lakeshealth.org)**