

## What happens after the exam?

After all the necessary views have been taken during your mammogram, a radiologist will interpret the images. You will receive a letter from Saint Elizabeth's with your mammogram results. Your results will also be forwarded to your physician / provider.

In some cases, the radiologist may want additional views of the breast tissue before making a final interpretation of your mammogram. The mammography staff will contact you by phone so these additional views can be taken and interpreted promptly. Your results will be communicated to you by a letter from the mammography department and/or by your physician / provider.

## What can I do to stay healthy?

*Continue monthly breast self-exams*

*Have regular mammograms*

Digital mammography is more sophisticated than traditional analog technology. If you don't have access to digital technology, continue your breast cancer screenings with the most advanced technology available to you. Regular screenings are still the key to early detection and a cure.

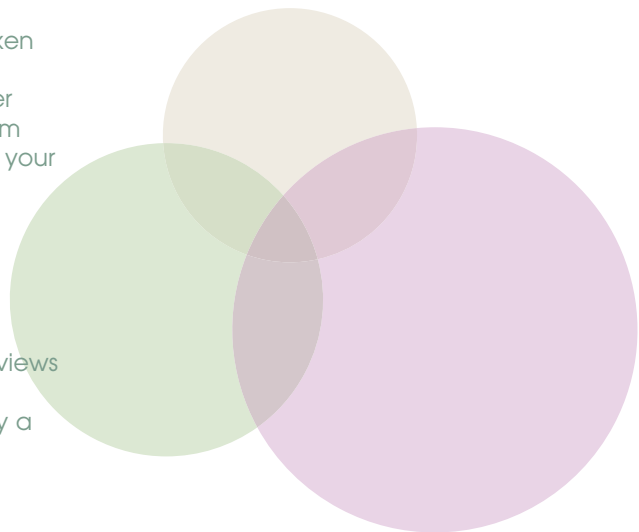
*Adopt a healthy lifestyle*

- Eat a well-balanced diet.
- Maintain a healthy weight.
- Exercise regularly.
- Avoid excessive amounts of alcohol.
- Don't smoke.

## Where can I go to find more information?

For more information, please call your Ministry Health Care provider or call the American Cancer Society toll-free at 800.ACS.2345 or visit [www.cancer.org](http://www.cancer.org)

To find an American College of Radiology (ACR) accredited facility in your area, contact your local Ministry Health Care facility, or visit [www.acr.org](http://www.acr.org)



## Mammography Services



**Saint Elizabeth's Medical Center**  
**MINISTRY HEALTH CARE**

today. tomorrow. together.®



**Saint Elizabeth's Medical Center**  
**MINISTRY HEALTH CARE**

today. tomorrow. together.®



## All women are at risk for breast cancer ...

Mammography can detect breast cancer in its earliest stages and could help save your life.

Digital mammography, offered at many area Ministry Health Care facilities, helps you take charge of your health and take care of yourself.

### Do I need a mammogram?

If you are over 40 years of age or you have a family history of breast cancer, you should schedule regular mammograms. Mammography can often detect breast cancer before it can be felt or before it produces symptoms. When detected early, breast cancer can be treated successfully.

Digital mammograms offer improved contrast of the breast tissue. This technology is of particular benefit to women with dense breast tissue.

Mammography is also used to follow up on findings from previous screenings or to evaluate a woman who has symptoms of breast disease, such as a lump, nipple discharge, breast pain, dimpling of the skin on the breast, or retraction of the nipple.

### Why are mammograms important?

- They're the best test for breast cancer.
- They can detect cancers early.
- Scientific evidence confirms that annual screening mammograms, beginning at age 40, reduce death from breast cancer.

### Will a mammogram detect cancer every time?

While mammograms are an extremely effective tool for diagnosing breast cancer, they are not perfect. Some abnormalities shown on the mammogram may not indicate breast cancer; while other abnormalities which are cancerous may not be detected.

If irregularities are found, your health care provider may order an ultrasound or MRI to further examine the irregularity and determine the next step in treatment.

Because mammography may not detect all breast cancer, clinical exams and monthly breast self exams are important. If you find an abnormality on your breast that was not indicated on your last mammogram, don't wait; call your doctor right away. Together, these screening methods provide your first line of defense against breast cancer.

### What to do in your 20s, 30s, and 40s

It is important to know what is normal for your breasts, so you will be able to recognize changes. You should also schedule clinical breast exams with your health care provider using the schedule suggested below. If you find anything unusual, call your doctor right away.

#### Ages 20 to 29:

Performing a monthly breast self exam (BSE) is an excellent life-long habit that women should develop starting in their 20s. Talk to your health care provider about the benefits and limitations of BSE. Report any changes in your breasts right away.

#### Ages 20 to 39:

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional, preferably every 3 years.

#### Age 40 and above:

After age 40, women should have a mammogram every year. Many premenopausal women have lumpy breasts, which is not a cause for worry. However, if you have concerns, make sure to contact your health care provider.

If you are at high risk for developing breast cancer, talk to your doctor or nurse about the best screening methods for you. You may also want to contact the American Cancer Society (ACS).

### What can I do to prepare for my mammography exam?

#### Prior to the mammogram:

- Let your doctor know if you may be pregnant.
- Notify the technologist that you might be pregnant before the exam.

#### On the day of your mammogram:

- Please dress comfortably – you will need to undress from the waist up for your exam.
- DO NOT use deodorant, powder, perfume, or ointment on your underarm areas or your breasts.
- Remember to bring your previous mammograms with you if you have changed mammography facilities.

