How Will I Find Out the Results?
A doctor with special training in reading mammograms will look at the pictures from your mammogram and interpret the results. The results will be sent to your doctor.
You will receive a letter, phone call, or message in My Sanford Chart about the results.

What if I Need To Come Back?
Sometimes the doctor can better see an area by looking at it from another angle or by using contrast. We may ask you to come back in for more pictures. 5 to 10 women out of 100 need more pictures taken after their screening mammogram.

When Is This Test Done?
Screening mammograms have reduced the number of deaths from breast cancer among women ages 40 to 70.
Women should have a screening mammogram every year starting at age 40. Talk to your doctor about your personal risk factors and testing needs. Women at higher risk may need to start screening at an earlier age.
If you have a concern about your breasts before your yearly screening mammogram, call your doctor.

To schedule your next mammogram, call (855) 35-EDITH, (855) 353-3484 or visit mysanfordchart.org. edithsanford.org

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Breast Screening

A family history of breast cancer raises your risk. But, 8 out of 10 women with breast cancer do not have a family history. That is why screening mammograms are so important.

How Long Does It Take?

A mammogram takes 20–30 minutes. If contrast is used, it will take 60 minutes.

Before Your Test

- Schedule the test to be done one week after your period, when your breasts are less tender.
- Let the person scheduling your mammogram know if you are in a wheelchair, it is hard for you to stand, or you will need special help.
- On the morning of your test, wash your breasts and underarms. Do not use deodorant, powder, or perfume.
- Wear a shirt that is easy to remove. You will need to undress from the waist up.

During Your Test

- The technologist will position your breast to get the best test results.
- Your breast will be compressed one at a time, in 2 views of each breast. Diagnostic imaging may result in additional views to clearly visualize the area of interest.

Let the Technologist Know if You:

- Are or may be pregnant
- Are breastfeeding
- Have breast implants
- Have any scars or moles on or near your breasts
- Have ever had a breast biopsy or surgery

How Much Do Mammograms Cost?

- Mammograms are often covered by insurance or Medicare. Check on your coverage for 3D screening mammograms.
- State and federal programs in many areas offer free or reduced cost mammograms to women with low incomes.

Is It Safe?

Yes, mammograms are safe. Mammogram machines use very low levels of radiation.