



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. 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.

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.

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

edithsanford.org



Mammography

Educational Material

[We are strong. We are Edith.]

Mammography

Mammography is an x-ray exam of your breast tissue. The pictures are called a mammogram. It can help find problems with your breasts, such as cysts or cancer. There are 2 reasons to have a mammogram:

- **Screening.** This is done when a woman has no symptoms. It is often done once a year to look for problems in your breasts.
- **Diagnostic.** This is done after results of a screening mammogram suggest there is a problem, the woman has some signs of breast cancer or other concerns.

Depending on the reason for your mammogram, you may have a:

- **2D mammogram.** Creates flat, 2-dimensional (2D) pictures of each breast. This is used only for screening.
- **3D mammogram.** Done at the same time as a 2D mammogram, where it is available. It can be screening or diagnostic. It takes images of thin slices of breast tissue in just seconds. This more detailed view of the breast tissue helps:
 - Find small breast cancers that may be hidden during 2D mammography
 - Give a clearer view of areas of concern, especially in dense breast tissue
 - Increase the chance of seeing more than one breast tumor, which occurs in 15 out of 100 breast cancer patients

- **Contrast mammogram.** A diagnostic test that can help find or rule out cancer in your breasts. After looking at your 2D or 3D mammogram, the radiologist may ask that you have a contrast mammogram. This test uses an iodine based contrast material (dye) given through an IV. The dye helps to see abnormal areas more clearly.

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.

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

For a contrast mammogram, also let them know if you have:

- An allergy to iodine based x-ray contrast material
- Had other IV contrast studies in the past 72 hours
- Decreased kidney function

During your test

- The technologist will position your breast to get the best test results.
- Each of your breasts will be compressed, one at a time, in 2 views of each breast.

If you have a contrast mammogram:

- An IV will be started to receive the x-ray contrast material.
- As the contrast is given, you may feel warm and notice a metal taste in your mouth; this is normal.