

Mammogram

What is a Mammogram?

A mammogram is a breast exam using a machine which scans the breast and the inside of the breast with low radiation waves. This makes images similar to x-ray films that can be looked at by a doctor.

What Does a Mammogram Do?

A mammogram does not prevent cancer, but it does save lives by finding cancer as early as possible.

Why Are Mammograms Important?

Mammogram screenings can result in breast cancer being detected in early development. When cancer is found early, treatment can be started early which increases a woman's chance of survival.

Who Should Have a Mammogram?

All women over the age of 40 should have a mammogram once a year. If there is a history of breast cancer in your family, a doctor may recommend you have a mammogram starting as early as age 30.

Does a Mammogram Hurt?

Depending on the size of a woman's breast, she may experience a slight discomfort during the procedure. The screening involves the compression of breast tissue so that a detailed image can be produced. However, the actual test typically lasts three minutes or less so the discomfort is not for a long period of time.

Where Can I Get a Mammogram?

Quality is important. You should have mammography only at a facility endorsed by the American College of Radiology (ACR). ACR guidelines set standards for doctors who read the films, for technicians, for reports, for mammography machines, and for film-developing materials. You will probably have many different options in choosing where to get a mammogram. Today, mobile units, freestanding centers, and traditional hospital settings are all options.