IS MAMMOGRAM SAFE?

The amount of radiation delivered to the breast is very low. The compression applied during a mammogram also lowers the amount radiation a woman is exposed to.

HOW FREQUENT SHOULD I HAVE A MAMMOGRAM SCREENING?

Women aged 40 to 49 years should have a regular mammogram every year, and women 50 years and above is every two years.

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MAMMOGRAM

WHAT IS MAMMOGRAPHY EXAMINATION?

Mammography is specialized medical imaging that uses a low-dosed x-ray system to aid in the early detection and diagnosis of breast diseases in women.

The recent advances in mammography include digital mammography and breast tomosynthesis.

DIGITAL MAMMOGRAPHY

The x-ray film is replaced by electronics that convert x-rays into mammographic pictures of the breast.

BREAST TOMOSYNTHESIS

Also called 3-D mammography and digital breast tomosynthesis (DBT), is an advanced form of breast imaging where multiple images of breast form different angles are captured, assembled together and reconstructed into a 3-D reconstruction of the body. Breast Tomosynthesis may result in:

- earlier detection of small breast cancers that may be hidden on a conventional mammogram
- fewer unnecessary biopsies or additional tests
- greater likelihood of detecting multiple breast tumors
- clearer images of abnormalities within dense breast tissue
- greater accuracy in pinpointing the size, shape and lcoation of breast abnormalities

HOW IS MAMMOGRAM PERFORMED?

- Examination will be carried out by a female radiographer. Privacy will be ensured throughout the examination.
- Before the examination, radiographer will ask a few questions regarding your medical history.
- During the examination, it is necessary to apply compression to the breasts in order to obtain more detailed images of the breast tissue. The compression may be uncomfortable but it will last only for a few seconds.
- The radiographer will stand behind a glass shield during the x-ray exposure. You will be asked to change positions slightly between images. The routine views are a top-to-bottom view and an oblique side view. The process will be repeated for the other breast.
- It generally takes 10 to 20 minutes to conduct the examination. If you have breast implants, or if additional views are required, the examination will be longer.

HOW SHOULD I PREPARE?

- The best time for mammogram is one week after your period (when the breasts are less tender.)
- Always inform your doctor or radiographer if there's a possibility that you're pregnant.
- Wear a comfortable 2-piece outfit.
- Do not use deodorant, perfume, powder or ointment on the underarms or breasts.
- Please bring along all your previous mammogram films so that it can be compared with your current.