



MAMMOGRAM BREAST CANCER SCREENING



Scheduling a Mammogram at Voyage Healthcare:

- Call 763-587-7999
- Please call well in advance to arrange your mammogram.
- Know your insurance guidelines for mammogram intervals – most insurances allow only one mammogram per calendar year. Medicare patients must allow at least a full 12-month interval between mammograms.
- You will be asked if you have a prior history of breast surgery or breast implants.
- If you have breast implants, additional time will be required for the mammogram.
- Please be punctual for your appointment as appointments are scheduled every 20 minutes and you will need to wait for another available opening if you miss your time.

Mammogram Examination Preparation:

- It is best to schedule your mammogram after your menstrual period because your breasts are less tender and won't be as sensitive to the pressure applied during the mammogram.
- Please do **not** apply any deodorants, anti-perspirants, powders, creams or lotions to your underarms or breast areas prior to the examination. These items could contain material that could cause artifact and could be mistaken for abnormalities on your x-rays.
- For your convenience, please wear a blouse or sweater since you will be asked to undress from the waist up.

About the Mammogram Procedure:

- You will be asked to undress from the waist up and will be given a warm bath robe to wear during the procedure.
- Each breast will be x-rayed individually and will be exposed only during the actual x-ray time. Views will be taken from the top and side of the breast.
- The technologist will position your breast on a special x-ray machine that compresses your breast in order to achieve the best radiographs possible.
- This compression will be uncomfortable but should not cause extreme pain

** If you have found previous mammograms bothersome or extremely painful, you may wish to take buffered aspirin, Tylenol, or Advil (provided you are not allergic to or have restrictions to any of these medications). You may take these one to two hours prior to your mammogram.*

Annual Clinical Breast Exams:

It is recommended that all adult female patients have an annual clinical breast examination by a healthcare provider.

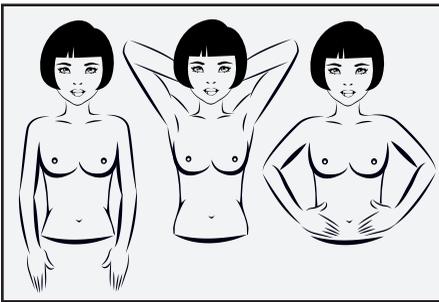
HOW TO EXAMINE YOUR BREASTS

All women should do a monthly self-examination when they begin having periods. The best time to do a self-examination is about one week after the start of your period. After menopause, check your breasts on the first day of each month. Look for a lump, hard knot, or skin that thickens or dimples. **Report any changes to your healthcare provider.**



Check your breasts using these steps:

IN THE SHOWER: Raise your right arm. Using the pads of your left fingers, move around your right breast in a circular pattern, moving from the outside to the center, checking the entire breast and armpit area. Repeat these steps with your left breast.



IN FRONT OF A MIRROR: Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match – few women’s breasts do, so look for any dimpling, puckering or changes, particularly on one side.



LYING DOWN: When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast

ALERT YOUR HEALTHCARE PROVIDER TO ANY OF THESE CHANGES:

- A new lump or a lump that changes shape or size
- Breast shape, color or texture
- Nipple dimpling, puckering, turning in, crusting, discharge or skin rash

Key Steps to Determine Breast Cancer:

- Conduct monthly self-examinations
- Schedule an annual clinical breast exam with a healthcare provider
- Schedule an annual mammogram (women 40 and older)
- Talk to your healthcare provider about your need for a mammogram (women under 40 years)

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