

Care Gram

Mammogram at Licking Memorial Women's Health 15 Messimer Drive

Date of Test: _____ **Test Time:** _____

Welcome

Welcome to Licking Memorial Hospital (LMH) Radiology Department. LMH has an all female staff that performs mammograms. They are all certified in mammography. The machines used are accredited by the American College of Radiology (ACR) and certified by the Food and Drug Administration (FDA). These things help produce high quality mammograms.

A mammogram is a safe, simple X-ray picture of the breast. The X-ray shows the internal structure of the breast. A Board Certified Radiologist will interpret your mammogram.

How the Test Works

Mammograms can show growths that are not felt by you or your doctor. A mammogram can show these growths up to 2 years before they are felt. Most lumps are not cancer. But if they are, mammograms save lives through early detection. Lumps or tumors that are small are easier to treat and remove. There is a small amount (about 10%) of breast cancers that are not found by mammograms.

Registering

Please report directly to the Licking Memorial Women's Health office, located at 15 Messimer Drive. Report to this location 15 minutes before your scheduled test time. Check in at the main desk in the office.

Allowing Time

A screening mammogram is done every year for women over the age of 40. Screening and diagnostic mammograms are also done at Licking Memorial Women's Health. You can leave as soon as you are finished.

Preparation

Schedule your mammogram after your menstrual period. Your breasts will be less tender.

For two weeks before the test, you may want to stop eating and drinking foods with caffeine. Caffeine can cause your breasts to be tender.

On the day of your test, wear a blouse, sweater, or other two piece outfit. Please do not use deodorant, powder, ointment, or cream on your breasts or under your arms. These can interfere with your test results.

During a Mammogram

1. You will be asked to remove your clothes from the waist up.
2. A trained technologist will use special X-ray equipment to take two or more pictures of each breast.



**Licking Memorial
Health Systems**

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3. A special device is used to gently compress or flatten the breast to make a more even thickness. It feels like pressure or tightness. This makes the mammogram more clear and detailed. The results will also be more accurate.
4. You may have mild discomfort when your breast is gently compressed or flattened. Most women do not say it is painful. Let the staff know if the pressure is too much.
5. It does not harm your breasts and the discomfort does not last forever.

Digital Mammography

Digital mammography is also called full-field digital mammography (FFDM), is a mammography system where the X-ray film is replaced by solid-state detectors. These change X-rays into electrical signals. These detectors are almost the same as those found in digital cameras. The electrical signals are used to produce images of the breast that can be seen or printed on special film similar to conventional mammograms. From the patient's point of view, having a digital mammogram is essentially the same as having a conventional film screen mammogram.

Computer-Aided Detection (CAD)

CAD systems use a digitized mammographic image that can be obtained from either a conventional film mammogram or a digitally acquired mammogram. The computer software then searches for abnormal areas of density, mass, or calcification that may indicate the presence of cancer. The CAD system highlights these areas on the images, alerting the radiologist to the need for further analysis.

After the Test

The skin on one or both of your breasts may be discolored. This should go away. If you have any mild aching, take an over-the-counter pain reliever. You can eat or drink foods with caffeine again.

You may need to return for more X-rays of the breast if the radiologist decides it is needed. Studies show that 10% of patients need to be called back. If you are called back, it does not always mean that you have cancer or other problems. It may just mean that an area of the breast was not able to be seen well with the usual pictures that are taken. We will work you into the schedule instead of waiting for the next appointment to get this done.

Finding Out the Results

LMH sends result letters to each patient 3 days after the test. Also, a mammogram report is sent to your doctor in 3 days. Please ask your doctor any questions about the test results.

Breast Health Guidelines

The key to a complete recovery from breast cancer is early detection. Follow these guidelines:

1. Begin breast self-exams by age 20. You need to look and feel for lumps or changes in your breast. Perform a self-exam once a month. The best time is after your menstrual period; if nursing a baby, after breastfeeding; and if post-menopause, the same time every month.
2. Ask your doctor for a clinical exam. Your doctor also looks and feels for lumps. This should be done every 3 years for ages 20 to 39 and every year starting at age 40.
3. Have regular mammograms. You should start having a mammogram screening done every year after age 40.
4. Call your doctor right away if you notice any breast changes.

Reminders

- If you have any questions about your test, please call (740) 348-4698
- Go to Licking Memorial Women's Health located at 15 Messimer Drive, 15 minutes before your test