what you should know & how to prepare

Mammography
A mammogram is a low-dose x-ray exam of breast tissue. The images obtained during a mammogram are used to detect changes in breast tissue, including evidence of breast cancer.

Mammography is the most effective method of early breast cancer detection. It can show changes in the breast up to two years before a patient or healthcare provider can feel them. If a cancer is found, these are often smaller and more curable.

The radiologists utilize Computer-Aided Detection (CAD) as a tool to enhance the information provided in mammogram images. This technology, combined with the radiologist’s expertise, allows for the most accurate and detailed interpretation.

There are two types of mammograms:

- **Screening mammograms** are meant for women with no breast symptoms and normal clinical exam (the exam performed by your healthcare provider). It is recommended that women age 40 and older have a screening mammogram each year.

- **Diagnostic mammograms** are meant to further evaluate an abnormality that was found during breast self exam, an annual physical with a healthcare provider or on a screening mammogram. It is also used to evaluate breast symptoms. Symptoms or abnormalities may include pain, swelling, lump, redness, nipple discharge or changes in the appearance of breast tissue.
How you should prepare

• Schedule your clinical (physical) breast exam prior to your mammogram. If there is an area of concern, you will be scheduled for a diagnostic mammogram.

• Schedule your mammogram the week following your period.

• If you have breast tenderness, take a mild pain medication such as ibuprofen or acetaminophen (Tylenol®) about one hour before your scheduled mammogram. If caffeine causes breast tenderness, refrain from caffeinated beverages for one week prior to your mammogram.

• If you have had mammograms performed at another facility, it is important to obtain the images before your appointment. These previous images are a key component of every mammogram evaluation and will be used for comparison.

• Do not wear deodorant, lotion or body powder on your chest or underarm areas on the day of your appointment. These can appear on the mammogram images as calcium spots.

• Arrive 5-10 minutes prior to your appointment to complete registration.

• Bring your insurance card to your appointment.

• Please inform us if there is a possibility that you may be pregnant.
What happens during your exam

During your exam, a specially-trained breast imaging technologist will assist in positioning your breast on a platform on the mammography unit. The technologist adjusts the mammography unit to gradually compress the breast.

While your breast is compressed, the technologist quickly walks behind a glass partition to take the picture. You will be asked to remain still and may have to hold your breath for a few seconds as the image is captured. Your breast will only be in compression for a few seconds.

You will feel pressure on your breast as it is compressed. Although breast compression may cause discomfort, you should not experience significant pain. Inform the technologist if you do experience pain as there are ways to make the exam more tolerable.

The process will be repeated for your other breast. A typical screening mammogram consists of two to three pictures of each breast. When your exam is complete, the technologist will review the images, and then send them on to the radiologist.

After your exam

Your images will be examined and interpreted by a board-certified breast imaging radiologist (physician). The results will be sent to your healthcare provider. You will also receive the results in the mail.

In certain circumstances, you may need further diagnostic evaluation, such as a diagnostic mammogram or an ultrasound. This does not necessarily indicate an abnormality was found or that your mammogram was not properly obtained, but that additional images are needed to ensure all breast tissue is fully evaluated.
Breast density

Breast tissue can be fatty, fibrous/glandular, or a combination of both. The more fibrous tissue you have, the more dense your breast is. A mammogram is the only exam that enables the radiologist to determine your breast density.

If you are classified as having dense breasts, it is recommended that you continue to have annual screening mammograms. Dense breast tissue slightly decreases the ability of mammography to find breast cancer and also slightly increases the risk of breast cancer. Mammography is still the best screening tool available.

Along with mammography, women who have additional risk factors for breast cancer may benefit from exams such as tomosynthesis, ultrasound or MRI. Discuss these supplemental options with your healthcare provider.

Tomosynthesis (tomo or 3D) mammogram

Tomosynthesis, also known as tomo or 3D, is an advanced type of mammogram that uses the same x-ray technology as standard 2D mammograms. In tomo (3D) exams, the camera moves in an arc over the breast, taking images from various angles. This type of exam provides images of breast tissue in layers, making it easier to find abnormalities and decreases the chance for additional imaging or testing.

A tomo (3D) exam is more accurate for women of all ages, with a higher cancer detection rate. It is recommended for women with dense breast tissue, however, it is beneficial regardless of breast density.

Tomo (3D) mammograms are available at Suburban Imaging – Burnsville as well as at The Breast Center of Suburban Imaging. If you would like your annual screening mammogram to include tomo, please request 3D when scheduling your appointment.
American College of Radiology and Society of Breast Imaging: Recommendations for early breast cancer detection

Annual mammograms for women 40 and older, continuing as long as a woman is in good health.

Breast self-exam (BSE) is an option for women starting in their twenties. Women should know how their breasts normally feel and report any breast change promptly to their healthcare provider.

Clinical breast exam (CBE) every 3 years for women in their twenties and thirties, and every year for women 40 and older.

Woman at high risk (greater than 20% lifetime risk) should have an MRI and a mammogram every year. Women at moderately increased risk (15% to 20% lifetime risk) should speak with their healthcare provider about the benefits and limitations of adding MRI screening in addition to a yearly mammogram. To calculate your risk, visit www.cancer.gov/bcrisktool/

We encourage you to contact your healthcare provider any time you experience a breast abnormality, whether or not you are due for your mammogram or physical exam.

For more information on mammography or for detailed directions to our clinic locations, please visit www.suburbanimaging.com
Thank you for choosing Suburban Imaging.

Our team of subspecialty-trained radiologists, qualified imaging technologists and friendly professional staff come together to provide you with compassionate care. Your comfort is our main concern.

We are conveniently located throughout the Twin Cities area to provide easy access for your imaging needs:

- Blaine
- Blaine South
- Burnsville
- Coon Rapids
- Fridley
- Maple Grove
- Northwest
- Southdale

The Breast Center of Suburban Imaging

We offer the following services:

- MRI
- CT
- PET/CT
- Ultrasound
- Spinal & Joint Injections
- Nuclear Medicine
- Vascular Center
- X-ray
- Bone Density
- Mammography
- Breast Diagnostic Services

your scheduled appointment

Date: ____________________ Time: ____________________

Special instructions:

__________________________________________________

__________________________________________________

Location:

- Burnsville
  scheduling line: 952.893.0000

- The Breast Center of Suburban Imaging
  scheduling line: 763.792.1999

- Blaine