



The Perth Radiological Clinic Difference

- > a network of conveniently located community and hospital based locations
- > caring, helpful and professional staff
- > state-of-the-art diagnostic equipment
- > over 60 specialist radiologists, trained to provide you with accurate and reliable results
- > world class digital networking between clinics provides the benefits of second opinions from specialist radiologists, no matter which clinic you attend.

You can now request an appointment online via our website and our staff will call you back to confirm your appointment, please visit our website:

www.perthradclinic.com.au

An appointment has been made for you

Clinic _____

Address _____

Phone _____

Time _____

Date _____



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A GUIDE FOR PATIENTS

MAMMOGRAM Breast X-Ray

For information regarding your appointment,
please see the back of this leaflet.

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What is a Mammogram?

A mammogram is a low-dose x-ray examination of the breast. Mammograms are performed for two major reasons:

1. In women with breast symptoms, to detect a possible cause for their symptoms (diagnostic mammogram).
2. To detect early signs of breast cancer in women who do not have breast symptoms (screening mammogram).

The radiation dose from a mammogram is very low.

How is a Mammogram performed?

The mammogram is performed by a specially trained, experienced female radiographer.

You will be required to undress to the waist and will be given a loose-fitting gown to wear.

Each breast will be positioned between two flat plates and compressed. The compression will be firm and may be uncomfortable. However, it should only last a few seconds whilst the x-ray is taken. The compression helps make the image clearer and minimises the x-ray dose to the breast tissue.

Initially two images will be taken of each breast. Further images may be required.

The mammogram appointment time is usually 15 minutes. Longer will be needed if you have breast implants.



After your mammogram

The images will be reviewed and reported by at least one radiologist. Typically, the results will be sent directly to your referring doctor.

Preparation

When making your appointment, please let us know if you have breast implants as you will need a longer appointment time.

If your breasts are tender just before your period, it may be more comfortable for you to make an appointment for just after your period.

On the day:

- > Bring all previous mammograms and breast ultrasounds
- > Wear a two piece outfit
- > Please do not wear talcum powder or deodorant as this may show up as an abnormality on your mammogram
- > Please let your radiographer know if you may be or are pregnant

Who should have a mammogram?

The risk of breast cancer increases with age, especially after the age of 50 years. It is suggested that women over the age of 40 years without breast symptoms have a screening mammogram every two years. There is no proven benefit for women under 40 years to have routine screening mammograms.

Annual screening mammograms are only suggested if you have had breast cancer previously or have a very strong family history of breast cancer (e.g. multiple affected family members). Your doctor can tell you if you are in the latter group.

If you have breast symptoms, your doctor will indicate whether you should have a mammogram.

Please bring any previous imaging with you on the day of your examination. If you have any questions please don't hesitate to ask us!