

Mammogram Truths, Myths & Tips



Mammograms are very important for taking care of yourself. But even though these procedures are common, some people may still have misconceptions about them. Here's a quick snapshot of what mammograms are and what they are not:

Mammograms are:

- One of the best ways to identify breast cancer early, when it is most responsive to treatment.
- A low-dose x-ray that uses a small level of radiation to produce high-quality images of breast tissue.
- A 20–30-minute procedure, from checking in to leaving the facility.
 - The screening procedure itself tends to run about 10 minutes for most patients.



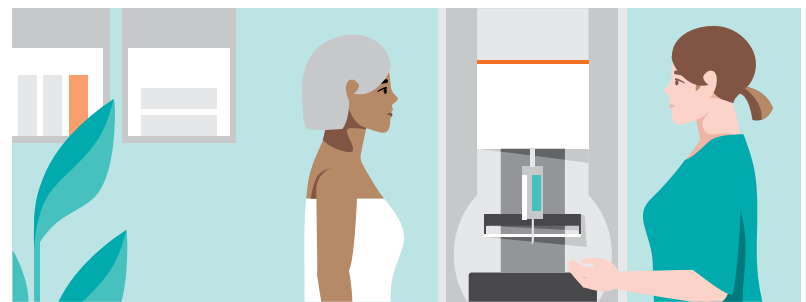
Mammograms aren't:

- Dangerous
- Time consuming
- Overly painful
 - Everyone's pain threshold is different, but the compression involved in a mammogram is more often described as discomfort, and typically lasts for just a few seconds at a time.

Tips for preparing for your mammogram

- Schedule your mammogram for when your breasts aren't likely to be tender or swollen, to help reduce discomfort and get good pictures. Avoid the week before your period if possible.
- On the day of the exam, don't apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under your arms or under your breasts. These can affect the imaging results.
- Instead of a dress, you might find it easier to wear a skirt or pants, so that you'll only need to remove your top and bra for the mammogram.

If you have questions about the mammography technology being used during your exam, talk with your doctor.



Comfort and confidence await

Because your provider uses Siemens Healthineers mammography solutions, you have access to systems that offer:

- Images captured from more angles in a single exam, giving your doctor a better view of the breast to help detect more abnormalities sooner
- Customized breast compression for each patient
- Comfortable, rounded paddles that warm up quickly
- A unique imaging process so you don't need to hold your breath during exams
- Calming lighting to help create a more comfortable exam environment

¹How to prepare for a mammogram: Preparation for mammography (no date) American Cancer Society. Available at: <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammograms-what-to-know-before-you-go.html> (Accessed: November 4, 2022).

²4 mammography myths, U.S. Food and Drug Administration. FDA. Available at: <https://www.fda.gov/consumers/womens-health-topics/4-mammography-myths> (Accessed: November 4, 2022).