

How to prepare? Try these simple tips:



Focus on the benefits

Remember, screening is a powerful step to protect your health.



Bring a friend

Having someone you trust with you can provide extra support.



Ask questions

Write down your questions and learn what to expect by talking with healthcare professionals – they are there to help you.



Mindful sensing

While you wait or during the examination, gently bring your attention to the present moment (see examples below).

A mindful sensing routine

While you wait or during the exam, notice...



one thing
you can hear



one color you
see around you



the surface that
you are sitting on



as you breathe
out



how your
shoulders
soften...



the air flow in
through your
nose



Access additional
videos and support
materials here.

"Thank you for taking the time to read this material. It was created with contributions from many voices – healthy individuals, patients, leaders in mammography, and medtech employees and their families around the world – all united in supporting better breast health for everyone."

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Published by Siemens Healthineers AG · A91XP-50010-14C1-7600
Online · ©Siemens Healthineers AG, 2026



Breast care

Focused on you

Examinations for a
personalized diagnosis

SIEMENS
Healthineers

Breast care

Focused on you

Personalized check-ups help you stay informed, confident, and in tune with your body.

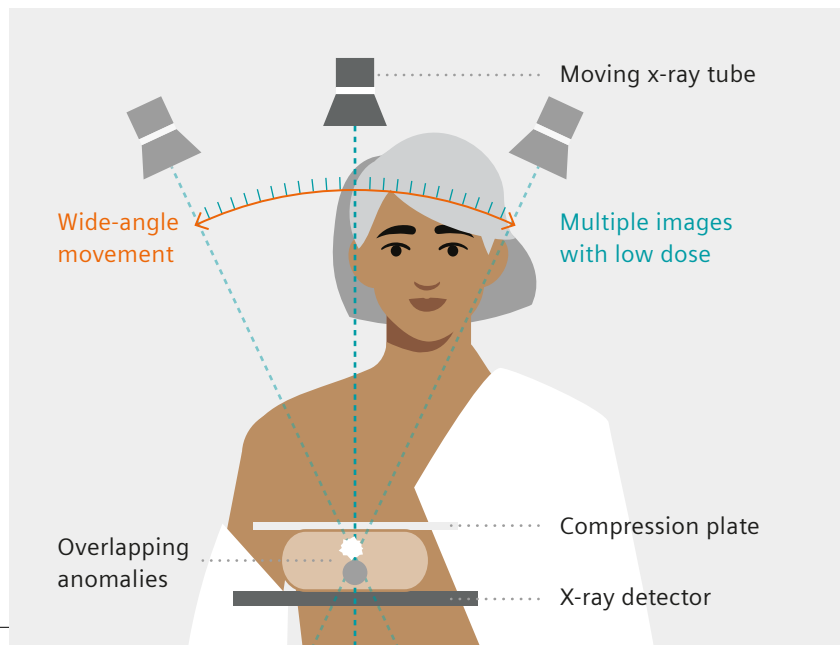
Self examination

Support early detection by **examining your breasts** regularly and paying attention to any changes. If you notice anything unusual, speak to your gynecologist or physician.

Mammography

Mammography is an X-ray exam of the breast, which is used to detect early signs of breast cancer. During the exam, the breast is gently positioned and briefly compressed to create clear images.

Tomosynthesis principle



A radiologist reviews these images to look for any unusual changes in the breast tissue.

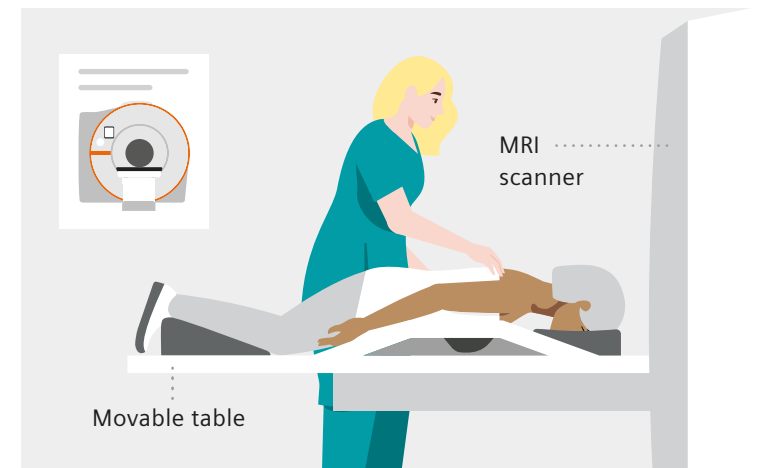
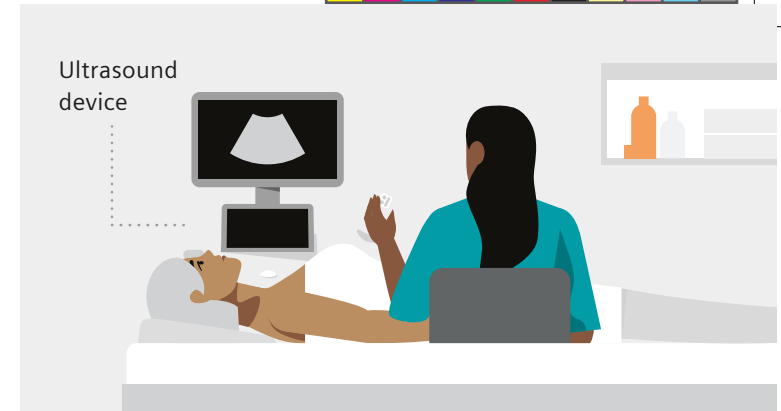
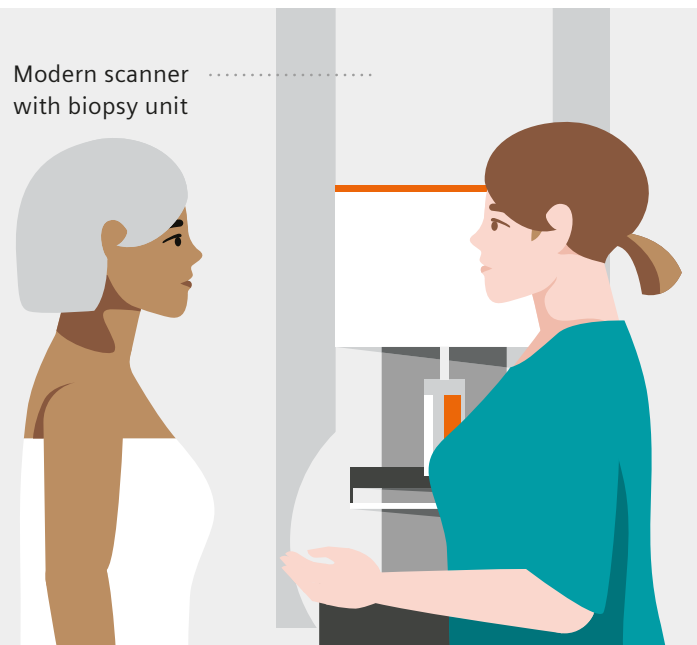
Tomosynthesis

Tomosynthesis is an advanced type of mammography that creates a three-dimensional view of the breast. It takes several X-ray images from different angles and combines them into thin layers. This helps the radiologist see details more clearly and reduces overlap of tissue.

Biopsy

If the radiologist sees an abnormality during the exam, they might perform a breast biopsy. This is an outpatient procedure that requires minimal preparation and recovery time. During the biopsy, a small tissue sample is collected and sent to pathology for testing and a diagnosis. The procedure allows the physician to analyze an area of concern more closely. Most women who have biopsies receive normal results.

Breast biopsy



Ultrasound (above) and MRI (below)

Ultrasound and MRI

Mammography is the standard examination for the detection and monitoring of breast diseases, but sometimes, other tests may be needed.

An **ultrasound** is often performed in addition to mammography. This radiation-free method is helpful to provide additional information.

Magnetic Resonance Imaging (MRI) is an examination for women with a higher risk of breast disease and/or particularly dense breast tissue, who may need additional screening or imaging after a mammogram.