

ABERCROMBIE RADIOLOGICAL CONSULTANTS, INC.

FACTS YOU SHOULD KNOW ABOUT MAMMOGRAPHY

1. Mammography does not prevent breast cancer. It can detect cancer early and, therefore, offers increased cancer survival. Mammograms will detect approximately 85% of breast cancers, but no test is 100% accurate and mammography cannot detect all breast cancers.
2. Mammography does not eliminate the need for routine annual physical examination of the breasts by a health care practitioner and an exam should be performed within 6 months, either prior to or after your mammogram.
3. The radiation dose to your breasts is minimal with modern mammography. Potential benefits of routine mammographic screening far outweigh the risk of the procedure. We suggest you follow these guidelines which recommend monthly breast self examination beginning at age 20. The other guidelines are as follows:

Age 20 – 39 Clinical breast examination by a doctor or nurse every 3 years. Monthly Breast self-examination.

Age 40 + Clinical breast examination by a doctor or nurse every year and yearly Mammography. Monthly breast self-examination.

4. In order to get a good quality mammogram, the breast must be compressed. Most women find only mild to moderate discomfort from the procedure. The technologist will work with you and try to reduce the discomfort. There are some women, however, who find breast compression very uncomfortable with soreness lasting several days after the procedure. This is usually relieved by over the counter remedies. If there are times during your monthly cycle when you are especially tender, try to avoid having a mammogram at this time.
5. We would like to encourage you to learn breast self-examination (BSE). Many breast cancers are found by the patient themselves. Do not be discouraged because you are afraid or unsure of what you are feeling. If you do regular monthly BSE, you will feel any significant change better than anyone else. At the conclusion of our examination today, you will be provided with a BSE shower card which will assist you in the performance of monthly self exam. **IF YOU DEVELOP A MASS OR NEW BREAST PROBLEM LASTING MORE THAN ONE MONTH, CONSULT YOUR DOCTOR.**
6. Not uncommonly additional mammographic views or breast ultrasound are needed for further evaluation. This will be performed at an extra charge. If you need additional views, we will contact you.

I have read and understand the above information _____
Patient Signature