



What is a Mammogram?

Mammograms – special x-ray studies of breast tissue – help diagnose breast abnormalities. Radiologists use two types of mammograms to check breast health: screening mammograms and diagnostic mammograms. For women without symptoms, screening mammograms consist of two views of each breast. 'True' Digital Mammography is the platform of the future providing unparalleled precision and reliable visualization across the entire breast. Digital systems allow precision imaging of virtually any woman in a single exposure or view. Reduced radiation exposure is appreciated when compared to analog mammography systems. All Digital studies utilize Computer Aided Detection (CAD). Studies have suggested that CAD may increase early detection of breast cancer by 20%. For women with symptoms or suspicious findings on a screening study, a diagnostic mammogram is required. Diagnostic studies involve specialized mammographic views of breast tissue.

Why have a Mammogram?

One in eight women will be diagnosed with breast cancer during their lifetime. The American Cancer Society (ACS) and the American College of Radiology (ACR) have developed mammography guidelines to assist in the early detection of breast cancer. Modern technology aids in the early detection of breast cancer, giving today's women the best chance ever of surviving breast cancer.

If diagnosed in the earliest stage, nearly 100% of breast cancer patients survive with appropriate treatment. Both the ACS and the ACR recommend low-dose mammography as the diagnostic tool of choice for detecting cancers too small to be felt. Although approximately 15% of breast cancers may not be detected

If You Have Questions/Concerns, Please Call PENRAD Imaging at (719) 785-9001



through mammography, mammography remains the most effective tool in the early detection of breast cancer.

When to have a Screening Mammogram?

39 years and under:

Baseline as recommended by a healthcare provider,

based on risk factors 40 and over:

Yearly screening recommended by the ACR and the ACS

****No physician referral is necessary for women 40 and older to schedule a yearly screening mammogram****

Regular Self-Examination

Although mammograms are the best single tool in detecting breast cancer, they do not find all breast cancers. Women should perform breast self-examinations on a regular basis. An annual breast examination by a medical provider is also recommended.

When cancerous growth occurs, the breast may demonstrate any of the following:

- A lump – usually single, firm and most often painless
- Inverted nipple – in a previously normal breast
- Skin swelling – a portion of the skin on the breast has the appearance of an orange peel

If You Have Questions/Concerns, Please Call PENRAD Imaging at (719) 785-9001



- Superficial veins – the skin surface veins on one breast become more prominent than on the other
- Skin dimpling – a depression occurs in a localized area of the breast surface

Remember... since most of these problems are found by women themselves, regular breast self-exam is especially important in early detection.

Risk Factors for Breast Cancer:

- Gender
- Age
- Personal or family history of breast cancer
- No children, or a first child delivered after the age of 30
- Diagnosis of ductal or lobular carcinoma “in situ”
- Diagnosis of ovarian, colon, or endometrial cancer

Preparing for Your Mammogram

To prepare for your mammogram, dress in a comfortable, two-piece outfit. You will be asked to undress from the waist up. Do not apply powders, deodorants or creams on your underarms or breasts, as these can interfere with a clear mammogram.

During Your Screening Mammogram

Female technologists perform every mammogram at PENRAD Women’s Imaging Center. The breast will be positioned on state-of-the-art equipment utilizing

If You Have Questions/Concerns, Please Call PENRAD Imaging at (719) 785-9001



automated compression. During the brief periods of compression, the technologist will ask you to stay very still to ensure clear images. You may experience slight discomfort, so it is best not to schedule a mammogram just prior to your menstrual period. Your digital images will be reviewed by the technologist for quality and correct positioning prior to the end of the exam.

After Your Mammogram

A board certified radiologist will interpret your mammogram and provide a formal report for your permanent medical record. The formal exam results will be sent to you and or referring healthcare provider, who will in turn discuss the results with you.

The federal government requires every mammography facility to mail a report directly to the patient. The report is written in layperson's language and will be mailed within 30 days of your screening mammogram. If the radiologist detects any areas of concern, a representative from PENRAD Imaging will contact you and your physician of record to schedule additional diagnostic studies.

Technologists at PENRAD Imaging are ARRT certified and have additional specialized certification in mammography. Our mammography equipment is certified by the FDA and is accredited by the American College of Radiology.

At PENRAD Imaging, your mammogram is always performed by certified technologists on accredited and licensed equipment, with interpretation provided by Board Certified Radiologists.

If You Have Questions/Concerns, Please Call PENRAD Imaging at (719) 785-9001