

Mammography Information Fact Sheet

It is our goal to provide you and all of our patients with the best possible quality mammography service. We thank you for taking the time to read this important information. Having informed patients helps us to achieve the best possible patient care. Please direct any questions you may have to your Mammogram Technologist. We encourage you to keep this copy of the mammography information sheet.

It is extremely important to understand that **mammography is not a perfect imaging test**. A small percentage of breast cancers are just not visible on mammography. Therefore, **a negative mammogram does not guarantee that you do not have breast cancer**. Currently, the best breast cancer screening is obtained with a combination of mammography, monthly self breast exams and yearly breast exams by a health care provider. If you have not had a breast exam from your health care provider recently, it is important that this be scheduled.

Women are often the first to find abnormalities in their breasts. **It is of importance that any concerning abnormalities either you or your health care provider have found be discussed with the mammography technologist**. Again, not all breast cancers are visible with mammography and physical exam findings should not be dismissed even if your mammogram proves negative.

If you are having a screening mammogram, please be aware that it is not uncommon to be called to return for additional imaging. **Approximately 10% of patients will have findings on their screening mammogram that require additional imaging for further evaluation**. This additional imaging will occur as a scheduled appointment allowing time for the Radiologist to review the images so you will know the results before you leave the appointment. The vast majority of patients returning for additional imaging will have a negative result (not cancer). Please do not be alarmed if you are called to return for this additional imaging. This additional imaging will include additional mammogram views and/or ultrasound. This will be considered diagnostic imaging and not screening. **Coverage for these tests is determined according to your insurance benefit package**.

Both you and your health care provider will receive the results of your mammogram and/or ultrasound. Your letter should arrive in the mail in approximately 1 week. Please be aware that if we need to obtain older studies from outside institutions, this may result in a several week delay of the final report.

The following are the current American Cancer Society recommendations regarding breast cancer screening:

Age 20-39 Monthly self-breast exam & breast exam by a health care provider every 3 years.

Age 40+ Yearly mammogram & breast exam by a health care provider along with monthly self-breast exam