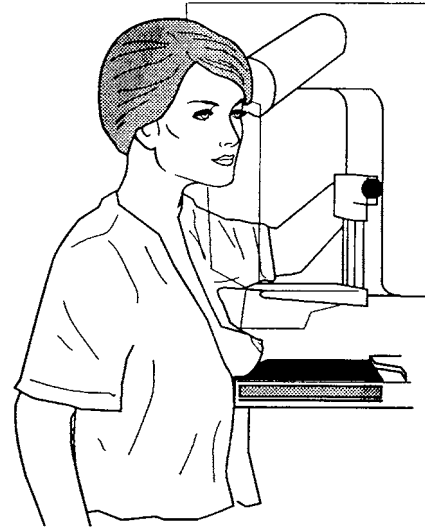


Questions and Answers About Having a Mammogram

Why do I need a Mammogram?

Breast cancer is a disease that affects the lives of many women. A mammogram is x-rays of the inside of the breast. It is the only proven method of imaging the breast that can reveal small breast abnormalities before they can be felt. Talk to your doctor about how often you should have a mammogram.



Why is the Mammogram done using compression (squeezing)?

A mammogram requires compression of the breast while the technologist takes the x-ray images.

- Prevents movement and produces the best quality images
- Allows better view of the entire structure of the breast
- Reduces x-ray exposure

Does compression cause damage to my breast?

Some patients have a change in skin to one or both breasts. The color change is temporary and will go away by itself in a few days.

Will my breasts hurt after the Mammogram?

There may be a mild aching after the mammogram as a result of the compression. This discomfort is temporary. You can take buffered aspirin or Tylenol if the discomfort bothers you. Follow the directions on the label.

What can I expect after the exam?

Radiologists, who are specially trained to read mammograms, will interpret your films. The results will be reported to you and your doctor. Sometimes additional views are requested to clarify details. This does not necessarily mean you have cancer! If more testing is needed, you will be notified by mail about follow-up.

If I have a Mammogram, do I still need to do breast self-exams?

Yes, the American Cancer Society recommends monthly breast self-exams over the age of 20. Early detection is one of the best defenses against breast cancer. The earlier the disease is detected, the better the outcome.

To schedule a mammogram, call 293-0020.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.