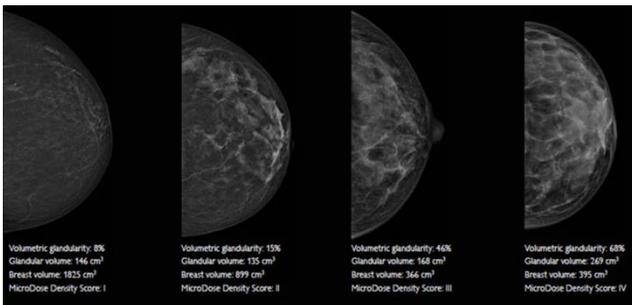




What is a Mammogram?

Mammography is a specialised medical imaging that uses X-ray system to examine the insides of the breasts to identify microcalcifications and masses for cancer detection.

Our digital mammography uses electronics that convert x-rays into mammographic pictures, similar to those found in digital cameras and their efficiency enables better pictures with a lower radiation dose exposure to patients. Moreover, our machines are designed with curved and warm plates to enhance comfort during the scan.



Preparation

- No fasting is required.
- Please bring along your previous mammogram films (if any).
- Do not use talcum powder, body lotion or deodorant on the chest and underarms, as these may be reflected on the image.
- Women whose breasts are tender before their period may find it more comfortable to have a mammogram done just after the period.
- Please inform your doctor or radiographer if there is a possibility that you may be pregnant.

What to Expect

Our clinic staff will provide you with a gown to change and a locker to secure personal belongings.

- Metallic objects (hairpins, dentures, jewellery and etc.) should be kept at home or removed prior to the scan as metal may affect the image quality. You may also be asked to remove any hearing aids or removable dental work.

During the procedure, the radiographer will ask you to undress to the waist before the examination. Each breast will then be scanned separately.

You may feel some pressure on your breast as it is squeezed by the compression paddle to obtain a more detailed image of the structures within the breast.

After the Scan

You can resume normal activity after the procedure. With modern technology, the amount of radiation delivered to the breast is very low. The compression used during the mammogram also decreases the amount of radiation a woman is exposed to.

Facts & Myths!

Myth: You can't get screened if you have breast implants.

Fact: Women with breast implants should have regular mammograms as an effective way to screen for breast cancer in women with breast implants.. Consult your physician for a referral to a mammogram at a diagnostic imaging centre.

Myth: Mammograms are unsafe and ineffective.

Fact: Screening mammograms are the international gold standard for detecting breast cancer early. Mammograms can usually find lumps 2 or 3 years before a woman or her health care provider can feel them.

Myth: All breast cancers are life-threatening.

Fact: Not all breast cancers are life-threatening, but most cancers will grow if left untreated. Some breast cancers detected by screening may never cause any harm, but it is not possible to tell which cancers will (or will not) turn into a life-threatening cancer in the future.

Recommendation

Mammograms are commonly used as a screening tool to detect early breast cancer in women experiencing no symptoms. However, the risk of developing breast cancer increases with age.

Women aged between 40-49 are recommended to consult your physician about the benefits/limitations of mammograms for your age