

Name: _____ Date: _____ Time: _____

PREPARING FOR YOUR MAMMOGRAM

IMPORTANT - If this is your first mammogram at this location, please obtain any old mammograms available. Comparison with previous studies increases the accuracy of our interpretation of your exam and may preclude having to take additional views or request a follow-up study.

Patients are requested to arrive 15 minutes prior to their scheduled appointment time to complete the necessary paperwork for the exam. Patients who arrive after their appointment time may be rescheduled in order to ensure that the schedule is maintained and no unnecessary delays are incurred.

On the day of your examination, please do not use ANY deodorant, perfume, powders, ointments, or preparation of any sort in the underarm area or on your breasts. Residue on the skin can interfere with the interpretation of your mammogram.

Please wear a two-piece outfit, since it is necessary to undress from the waist up for the examination.

NOTE: Before you PCS or Separate please come by and pick up your Mammograms. Mammogram records are not forwarded automatically.

**IF YOU HAVE QUESTIONS, PLEASE CALL (719) 333-5068 or 5084 (Air Force Academy appointments)
(719) 556-1121 (Peterson Air Force Base appointments)**

Why Breast Examinations?

One out of 8 American women develop breast cancer. It is clear that the earlier the breast cancer is detected - when the tumor is the smallest - the better the chances for treatment and cure. Therefore, breast examinations - by women themselves, by physicians, and by modern technology such as mammography - are vital to early detection, and why more women are recovering from breast cancer today than ever before.

The American Cancer Society guidelines for the detection of breast cancer in asymptomatic women are:

- Women 20 years of age and older should perform breast self-examination every month.
- Women 20-39 should have a physical examination of the breast every three years, performed by health care professional such as a physician, physician assistant, nurse or nurse practitioner.
- Women 40 and older should have a physical examination of the breast every year, performed by a health care professional, such as a physician, physician assistant, nurse or nurse practitioner.
- Women 40 years of age and older should have a mammogram every year. The American Cancer Society and the American College of Radiology currently recommends that asymptomatic (has no breast complaints) women age 40 and over should have an annual mammogram.

What Can I Expect During a Mammographic Examination?

- A brief interview to determine the reason for your visit.
- Removing your clothing from the waist up in the mammography exam room.
- Positioning the breast with pressure applied to compress the tissue. The compression aids the radiologist in interpreting the exam and reduces the radiation dose.
- Each breast may be X-rayed from above and from the side. Some patients may require additional views.
- Preliminary results will normally be relayed to you before you leave. Official results should reach your requesting physician within 5 duty days.

