Care Gram

Mammogram at Licking Memorial Women's Health

15 Messimer Drive

Date of Test: _____ Test Time: _____

What Is a Mammogram?
A mammogram is a test used to obtain images of the breast. These images can show growths, lumps, tumors, and other structural issues within the breast that cannot be felt by you or your doctor. Most breast cancers (90%) can be found by mammograms.

There are several different types of mammograms:

Digital Screening Mammogram
This type of mammogram uses solid-state detectors to obtain a 2D image. These detectors use electric signals much like those found in digital cameras to produce breast images that can be seen or copied to a CD.

Computer-aided Detection (CAD)
Normal breast tissue looks very different from cancer. CAD is a type of system that uses software to search for areas that do not look like normal breast tissue and then highlights these areas for further review.

Digital Breast Tomosynthesis (DBT)
This is an advanced type of mammogram that produces 3D images from different angles. Images are taken in thin slices which are then assembled to create a detailed image of the breast. As a result:

- It is easier to pinpoint the size, shape, and location of any problem areas
- Images are clearer, especially when breast tissue is dense
- Cancer, and even multiple breast tumors, are easier to find
- You are less likely to be "called back" for more tests

Current guidelines recommend a screening mammogram every year for women beginning at age 40. Screening mammograms are digital and may include breast tomosynthesis.
A diagnostic mammogram also may be done to evaluate any abnormal findings, such as a breast lump or nipple discharge found on the screening mammogram or by the patient or doctor.

Preparing for Your Mammogram

Follow these guidelines to prepare for your test:

- Discuss any new findings or problems in your breasts with your doctor.
- Let your doctor know if you have had any prior surgeries, hormone use, or history (yourself or family member) of breast cancer.
- Do not schedule your mammogram on the week before your menstrual period if your breasts are usually tender during this time. The best time for a mammogram is one week following your period.
- Let your doctor know if there is any possibility that you are pregnant.
- Do not wear deodorant, talcum powder or lotion under your arms or on your breasts on the day of the test. These can appear on the mammogram as calcium spots.
- Describe any breast symptoms or problems to the technologist performing the test.
- For two weeks before your test, you may want to stop eating and drinking foods with caffeine. Caffeine can cause your breasts to be tender.
- On the day of your test, wear a blouse, sweater or other 2-piece outfit that is easy to remove.

If you have any questions about your test, please call us at (220) 564-4698.

The Day of Your Test

Please report directly to the Licking Memorial Women's Health office at 15 Messimer Drive, 15 minutes before your scheduled test time. Sign in at the computer.

As a patient, you will likely not notice much difference between the different types of mammograms. During your test:

- You will be asked to remove your clothes from the waist up.
- A trained technologist will use special X-ray equipment to take images of each breast.
- A special device is used to gently compress or flatten the breast to create a more even thickness. It feels like pressure or tightness. This makes the mammogram clearer and more detailed. The results also will be more accurate.
- You may have mild discomfort when your breast is gently compressed or flattened. Most women do not say it is painful. Let the staff know if the pressure is too much.
- It does not harm your breasts and the discomfort does not last forever.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.

After the Test

The skin on one or both of your breasts may be discolored. This should go away. If you have any mild aching, take an over-the-counter pain reliever. You can eat or drink foods with caffeine again.

Finding Out the Results

Your test will be read by a radiologist (doctor with special training in medical imaging), and a copy is then provided to your doctor. Please ask your doctor any questions about the test results.

Breast Health Guidelines

You can help prevent breast cancer by following these guidelines:

- Begin breast self-exams by age 20. You need to look and feel for lumps or changes in your breast. Perform a self-exam once a month. The best time is after your menstrual period – if nursing a baby, after breastfeeding, and if post-menopause, the same time every month.
- Ask your doctor for a clinical exam. Your doctor also looks and feels for lumps. This should be done every three years for ages 20 to 39 and every year starting at age 40.
- Have a yearly mammogram beginning at age 40.
- Call your doctor right away if you notice any breast changes.

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY : 1 (220) 564-4729)。

1616-0518
10/13/2026

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.