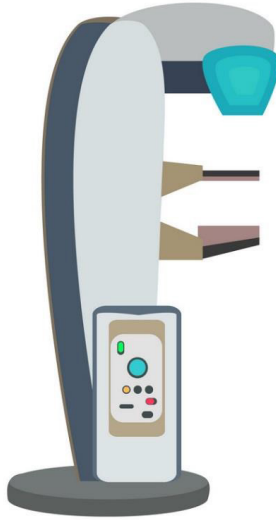




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Mammogram

Why should I perform mammogram?

Doctors consider regular mammogram screening as the most efficient method for the detection of early signs of cancer or any abnormalities before they occur; thus early intervention will boast the cure rate of more than 98%.

What is a mammogram? And how it can be performed?

It is a device for breast screening using X-ray to detect breast cancer. It takes approximately 20 minutes, during which the patient stands in front of the device and one of patient's breasts is then placed on a firm flat surface, and firm pressure is applied to the breast with another firm flat surface, the

compression of the breast is necessary to obtain quality mammograms.

This compression lasts only for a few seconds and it does not harm the breast. The same thing will be done to the other breast, and a side image for each breast is taken so the total images of the patient will be four images.

Does a mammogram hurt?

A mammogram is not painful but it is accompanied by mild discomfort as a result of the pressure for several minutes.

When Should I get my first mammogram? It is preferred to perform a mammogram annually for every woman whose age is between 40-70 years old.

But if there is a family history of breast cancer, you should perform mammogram starting 10 years before the age of your relative's diagnosis

Prepare yourself before the mammogram

- Avoid having your mammogram performed at times of the month when your breasts are most tender, such as the week before or during your monthly period.
- Do not wear deodorant, perfume or powder on the day of your mammogram, as these substances may appear as white spots and can make interpretation of the results more difficult.

- It is preferred to wear a shirt with a skirt and underclothes instead of wearing only a dress. This will make it easy for you to take off the shirt only during performing the mammogram.
- Tell your medical team about any symptoms, signs or abnormalities occurs in your breasts. Including your medical history, such as past operations or incidences treated hormonally, and any family or personal history of breast cancer.

What if my mammogram results are normal?

You should ask your doctor about when you can perform the next mammogram and how to keep on performing this procedure regularly.

What if my mammogram results are abnormal?

Do not panic! Mammogram is not only used to detect cancer. Most women who need to do further tests after a mammogram do not have cancer and tests recommended by the doctor are based on what a mammogram has detected.

لأن الوعي وقاية ..

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