



## What is a mammogram?

A mammogram is an x-ray of the breast performed by a female technologist. Mammograms provide an overall look of both breasts and determine your breast density. They are performed for routine screening, or if you have a concern in your breast. Special views can be obtained as required by our breast imaging specialists.

## Are mammograms important?

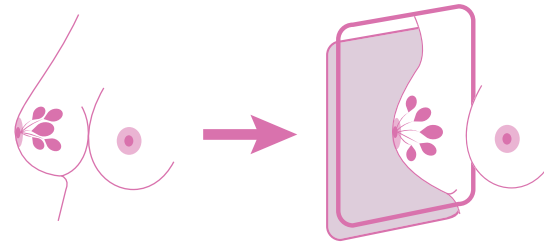
About 1 in 7 women in Alberta will get breast cancer during their lifetime. Regular screening mammograms are the best way to find breast cancer early, when treatment may work better.

Mammograms detect possible signs of breast cancer before experiencing symptoms. They are used to detect an abnormality before it can be felt. They can also be used in conjunction with ultrasound if a new lump is present.

## What happens during a mammogram?

Once you're in front of the mammography unit:

- Your breast will rest on a plastic plate adjusted for height
- A second plate will press down on your breast to provide the compression. Spreading out the breast tissue makes it easier to see small abnormalities
- X-rays will be taken from the top and sides of each breast



## Do mammograms hurt?

Your breasts need to be compressed to get the best image, which may be uncomfortable or slightly painful (but tolerable). Each compression is very brief.

If you normally have tender breasts, it may be more comfortable to have your screening mammogram at least a week before or after your period.

## Did you know?

You may be eligible to self-refer for a mammogram

*Know your options*

EFW Radiology provides comprehensive breast imaging, including:

- Mammography
  - Including Density Assessment and Computer Assisted Detection
- Breast Ultrasound
- Automated Whole Breast Ultrasound
- Breast MRI
- Breast Biopsy

# Fact

- 80% of women with breast cancer have no family history
- Screening mammograms detect issues long before a problem can be felt by your doctor
- Treatment may work better when breast cancer is found early

EFW Radiology is proud to be a part of the Alberta Breast Cancer Screening Program

Scan the QR below to learn more about **self-referring** and mammography at EFW:



[EFWRad.com/Mammo](https://www.efwradiology.com/Mammo)