

Mammography

A mammogram is an X-ray examination of the breasts. X-ray images show adipose-, glandular- and connective tissue. To compare breasts, both breasts are imaged if possible.

When do you need a mammogram?

When you feel a lump or other changes in the breast, if your breasts hurt, if there is blood or fluid coming from the nipple, or if breast cancer runs in the family.

How does a mammogram work?

The lab technician will first ask you some important questions regarding the examination. Then the examination starts. A number of pictures are taken of each breast in different directions. The lab technician places your breast on a detector plate. A second plate is used to compress the breast for a few seconds. This pressure is necessary to get a sharp and easily assessable picture. This may sometimes feel slightly sensitive or painful. The lab technician will discuss this with you prior to the examination. Feel free to tell if you cannot tolerate the compression. After the picture is taken, the plate will automatically raise.

The lab technician evaluates whether the recordings were technically successful, if necessary additional recordings will be taken immediately. The examination takes about 15 minutes in total.

The presence of prosthetics in the breasts is no reason not to take pictures of the breasts. The risk of damage to the prosthetics by compression of the breasts is extremely low and applies in particular to old, long-standing breast prosthetics. With the latest generation of prosthetics, the risk of damage is close to zero. Nevertheless, our experienced lab technicians will take this into account and apply special techniques to minimize the load on the prosthetics.

The amount of X-rays used for breast imaging is very small. The importance of a timely detected breast abnormality outweighs the potential risks of X-rays greatly.

Preparation

Do not use body lotion or deodorant on the day of the examination. These products can sometimes complicate the diagnosis.

Results

A radiologist reviews the images. Sometimes the mammogram does not provide enough information and further examination is needed. The radiologist may ask for additional pictures and/or perform an ultrasound if necessary. You will receive the results of the examination from your treating physician (general practitioner or specialist).

Questions?

If you have any questions after reading this information, please ask your treating physician or the X-ray technician(s).

By phone, please contact:
Mitrallis Diagnostisch Centrum, tel. no. 045 8 200 100.

