

乳房X光照片



Mammography

What Is a Mammogram?



A **mammogram** is an X-ray image of your breasts. It helps your doctor find tumors that may be too small to feel and other signs that may point to cancer.

Women 40 years or older should talk with their doctor about when to start screening, how often they should get screened, and what type of screening is best for them. If you have breast issues (e.g., pain, lumps or fluid coming out of the nipple), let your doctor know right away.

Get a mammogram to detect problems and breast cancer early. Only a small amount of radiation is used during the exam and it is safe to get it regularly.

How to Prepare Before Your Mammogram



- » Talk to your doctor about any changes or problems you have had with your breasts.
- » Tell your doctor about any family history of breast cancer and medical history for your breasts, such as past surgeries, hormone use, etc.
- » Try to schedule your exam on days when your breasts are not tender from your period. The best time is the week after your period ends.

How to Prepare the Day of Your Mammogram

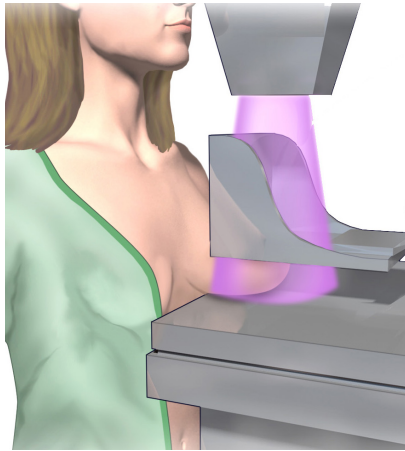


- » Do not use deodorant, baby powder, or lotion under your arms or on your breasts. They can affect the results.
- » Bring any old mammograms to the exam.
- » Tell the technician, or the person taking the mammogram, of any breast problems before the exam begins.
- » Ask when your results will be ready.

What to Expect During the Exam

You will be asked to:

- » Undress from the waist up and wear an exam gown. If you are pregnant, you will get a lead apron to protect your belly.
- » Sit or stand based on the machine.
- » Place one breast at a time on a flat surface for the X-ray. A device will gently press against the breast to spread it out.



The technician will take X-ray pictures from a few angles. If you feel very uncomfortable with the compression at any time during the exam, let the technician know.

What If My Exam Shows Something Odd?

Your doctor may recommend the following options:

- 1 **Diagnostic mammogram:** checks the breast abnormality with X-ray.
- 2 **MRI (magnetic resonance imaging):** creates detailed pictures of areas inside the breast.
- 3 **Breast ultrasound:** if a lump is found, checks if the lump is solid or has fluid. A fluid-filled lump is called a cyst and is not cancerous.
- 4 **Breast biopsy:** if a lump is solid, sees if the lump is cancerous or not by removing a small amount of tissue to test.

Dense Breasts

In young and Asian American women, **dense breasts** are very common. This means you have more breast tissue than fatty tissue. Dense breasts can make it harder to see lumps on a mammogram. If your mammogram shows you have dense breasts, your doctor may ask for a breast ultrasound for follow-up. Having dense breasts is one of the risk factors for breast cancer.

Be sure to follow-up with your doctor to discuss your results and options. Getting screened for breast cancer is the best way to protect yourself.



Many insurance plans, including Medicare and Medicaid, cover some or all of the cost of mammograms. Some clinics offer low-cost or free exams.

The Charles B. Wang Community Health Center works with other organizations to help you get an affordable or free mammogram screening if you are low-income, 40 years or older, and do not have health insurance. To find out more, please call us at (212) 966-0228 (Manhattan) or (718) 886-1287 (Queens).



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line / 諮詢熱線

(212) 226-8339

Website / 網址

www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine / 內科部 (212) 379-6998

OB/GYN / 婦產科部 (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health / 兒科及青少年部 (212) 226-3888

Teen Resource Center (TRC) / 青少年資源中心 (212) 226-2044

Dental / 牙科部 (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine / 內科部 (718) 886-1200

OB/GYN / 婦產科部 (718) 886-1287

Pediatrics / 兒科部 (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355

Internal Medicine, Pediatrics & GYN / 內科、兒科及婦科

(929) 362-3006

Health Education Department / 健康教育部

(212) 966-0461

Social Work Department / 社工部

Manhattan / 曼哈頓 (212) 226-1661

Queens / 皇后區 (718) 886-1212

Need Health Insurance? We Can Help! / 協助申請健保

Manhattan / 曼哈頓 (212) 226-8339

Queens / 皇后區 (718) 886-7355

The Charles B. Wang Community Health Center encourages electronic or print redistribution of this material for non-profit purposes, provided that you acknowledge this material as the Health Center's work product. Unauthorized, for profit redistribution is not allowed.

The content of this brochure has been reviewed by clinical staff. The content is not a substitute for professional medical advice. See your doctor if you have questions about a medical condition.

王嘉廉社區醫療中心鼓勵以非牟利性的電子信息或印刷品形式使用本資料，同時請注明本資料是由王嘉廉社區醫療中心編製。未經許可，不得以牟利為目的使用本資料。

這份資料的內容已由本中心的醫療人員審閱，資料的內容不能取代專業人員的醫療建議。如有任何關於醫療的問題，請與醫生聯繫。