

# Mammography FAQs

## What is a mammogram?

A mammogram is an X-ray exam of the breast that's used to detect and evaluate breast changes. There are two types of mammograms: screening and diagnostic. A screening mammogram is a preventative screening for women who have not experienced any abnormal breast symptoms. A diagnostic mammogram is typically for women who display symptoms that need to be investigated, such as a breast lump or nipple discharge. This test may also be performed as a follow-up to a screening mammogram to further investigate a particular area of the breast.

Today's high-quality screening mammogram is the most effective tool available to detect breast cancer before lumps can be felt or symptoms appear. Early detection of breast cancer not only provides you with more treatment choices, it also increases your chances of having the best possible outcome.

## Is there a risk of radiation exposure from having regular mammograms?

Ask your doctor about the amount of radiation used during the procedure and the risks related to your particular situation. Special care is taken to make sure that the lowest possible amount of radiation is used when you have a mammogram.

## What should I expect from my mammogram appointment?

Do not use deodorant, powder or lotions the day of your appointment and wear two-piece clothing. A specially trained radiology technologist will perform your X-ray. The radiology technologist will ask you to undress, put on a gown and stand next to the X-ray machine. Two flat surfaces (plates) are slowly squeezed together and compress each breast for a few seconds. This compression may be uncomfortable, but is necessary to produce the best pictures using the lowest amount of radiation possible.

## Are mammograms painful?

Some women find the pressure of the plates on their breasts to be uncomfortable or even painful. Timing your mammogram when your breasts are not tender is important. In premenopausal women, this is usually 1 week after your menstrual period. If you do experience discomfort or pain, ask the technologist to reposition you to try to make it as painless as possible. Remember that each X-ray takes just a few moments and could potentially save your life.

## Who pays for mammography?

The Affordable Care Act dictates that mammograms for breast cancer screening be given without a co-pay or deductible beginning with plan years starting after August 1, 2012. However, health plans that were in place before the Act was passed (called grandfathered plans) do not have to cooperate. Those plans are covered by various state and federal laws. Medicare covers annual mammography screenings for women ages 40 and older. Most states now require that health insurance policies offer mammography screening reimbursement. Many mammography facilities also offer special programs and lower fees during National Breast Cancer Awareness Month in October.

## How will I get my results?

Results from your mammogram will be delivered to your ordering provider within the following 2 to 15 days, and a letter with your results will be mailed to you within 10 to 30 days. Having prior films from previous mammograms will help accelerate the process. You may also access your health record online by creating an account at [AdventHealth.com](http://AdventHealth.com).

*If you have any questions regarding your exam during your appointment, don't hesitate to ask your technologist. It's important to us that all of your concerns or questions have been addressed.*

# Locations

## 1. AdventHealth Imaging DeLand

151 Victoria Commons Blvd., Suite 100  
DeLand, FL 32724

A Hospital Department of AdventHealth DeLand

## 2. AdventHealth New Smyrna Beach

401 Palmetto St.  
New Smyrna Beach, FL 32168

## 3. AdventHealth Imaging New Smyrna Beach

125 Florida Memorial Pkwy.  
New Smyrna Beach, FL 32168

A Hospital Department of AdventHealth New Smyrna Beach

## 4. AdventHealth Palm Coast

60 Memorial Medical Pkwy.  
Palm Coast, FL 32164

## 5. AdventHealth Imaging Palm Coast

120 Cypress Edge Dr., Suite 103  
Palm Coast, FL 32164

A Hospital Department of AdventHealth Palm Coast

## 6. AdventHealth Imaging Deltona

1745 Sterling Silver Blvd., Suite 101  
Deltona, FL 32725

A Hospital Department of AdventHealth Fish Memorial

## 7. AdventHealth Imaging Ormond Beach

335 Clyde Morris Blvd., Suite 250  
Ormond Beach, FL 32174

A Hospital Department of AdventHealth Daytona Beach

## 8. AdventHealth Imaging Tavares

1922 Salk Avenue  
Tavares, FL 32778

A Hospital Department of AdventHealth Waterman

## 9. AdventHealth Waterman

1000 Waterman Way  
Tavares, FL 32778

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 877-746-4674.