

# Mammography Services

Resources Guidebook



**Advent Health**



## With breast cancer, early detection saves lives.

At AdventHealth, we're dedicated to helping women protect themselves against breast cancer. Breast cancer is the second deadliest cancer among women in the country, and the second most common. But, with early detection and effective treatment, breast cancer has an extraordinarily high long-term survival rate.

A mammogram is the most effective way to detect breast cancer at the earliest possible stage, before it can spread to other parts of the body. While self-examination is not a substitute for a mammogram, the American Cancer Society also recommends that women become familiar with how their breasts normally look and feel through self-examination, so they can talk to their doctors about any changes.

## Make this simple screening a priority.

A mammogram is a non-invasive screening that is essentially an X-ray examination of the breast. There are two types of mammograms. The first type, known as a screening mammogram, is a preventive screening for women who have not experienced any abnormal breast symptoms. Screening mammograms are recommended at least every two years, starting between the ages of 40 and 50. You and your physician can determine when and how often you should have a screening mammogram, based on your history and risk factors.

The second type, a diagnostic mammogram, is for women who display symptoms that need to be investigated, such as a breast lump or nipple discharge. It may also be performed as a follow-up to a screening mammogram that indicates a need to more closely investigate a particular area of the breast.

### 3D Mammography\*

At AdventHealth, we use the most advanced tools in 3D mammography and computer-aided detection, which allows our imaging specialists to detect subtle differences between tissues and pinpoint areas of concern, like cancerous tissue, benign tumors and cysts, well before they can be detected by touch. Plus, we use the breast-conforming “smart paddle” design, which provides a more comfortable overall experience.

*\*3D technology is available at most locations.*

Our radiologists then use computer-aided detection tools to read the digital images, looking for any signs of abnormality, including asymmetries, irregular areas of increased density and clusters of small calcium deposits. The development of these tools has enabled substantially improved breast imaging, especially for women with dense breast tissue.

### Self-Referred Mammogram\*

AdventHealth and AdventHealth Imaging Center locations offer self-referred screening mammograms for women age 40 and older who have not had a mammogram in the last year and who have no breast symptoms.\* In this case, women refer themselves without a physician's prescription and the results are sent directly to the patient as opposed to the patient's physician. However, it's best to talk to your physician to determine when you should start having mammograms, even if you plan on self-referring.

*\*Only available in Orange, Osceola and Seminole counties.*



## Get the truth about mammograms.

A lot of mammogram myths exist, from their cost and their efficacy to how uncomfortable they are. Get the facts to answer your questions and ease your mind.

### **MYTH 1: A MAMMOGRAM TAKES TOO LONG.**

Fact: Exams usually take less time with digital mammography. Patients typically complete a screening mammogram appointment in less than 30 minutes. Plus, many of our locations offer weekend, lunchtime and evening appointments, as well as walk-in availability.

### **MYTH 2: MAMMOGRAMS COST TOO MUCH.**

Fact: Most insurance companies cover the full cost of a screening mammogram as it may be considered preventive care. Also, low-cost or fully funded mammograms are offered through national programs, community organizations and the AdventHealth Breast Cancer Care Fund.

### **MYTH 3: MAMMOGRAMS ARE PAINFUL.**

Fact: Mammograms may be uncomfortable, but should not be painful. The level of discomfort you experience should be much less than in years past due to the new compression paddle design that flexes with your body, providing pressure only where needed.

### **MYTH 4: RADIATION FROM MAMMOGRAMS CAN CAUSE CANCER.**

Fact: Mammograms are very safe. Digital mammography uses the lowest radiation dose required to produce clear and precise images. One would receive about the same amount of radiation on a cross-country flight.

## Breast health starts with your health.

Prioritizing your well-being in body, mind and spirit is a great way to keep yourself healthy.

### **FOCUS ON YOU**

Learn to care for yourself the way you care for others.

### **EAT HEALTHY**

Follow a balanced diet containing the main food groups (fruits, vegetables, grains, dairy and protein). Eat whole-grain food such as whole wheat flour, oatmeal and brown rice. Take a daily multivitamin while limiting alcohol intake and saturated or trans fat intake.

### **EXERCISE**

Begin an exercise program and be active at least three times per week.

### **FIND BALANCE**

Examine the stresses in your life and find ways to reduce them, if possible. Reflecting daily, and exercising and stretching can help reduce stress.

### **KNOW YOUR NUMBERS**

The annual physical provides an opportunity for your doctor to establish baseline information they can use for comparison purposes in future physical exams. Because even small changes can indicate potentially serious problems, an annual physical can detect an illness before it begins or during early stages of development.

### **PAY ATTENTION**

Perform monthly breast self-exams and contact your physician immediately if you feel anything abnormal.

### **STAY CONNECTED**

Tap into a support network to stay healthy, such as your friends, family, spouse/partner, spiritual community, online discussion groups and/or others.

# What to expect from your mammogram

## Before Your Exam

If there is any possibility you are pregnant, inform your doctor or the technologist conducting your mammogram before your exam. Refrain from wearing deodorant, talcum powder or lotion under your arms or on your breasts on the day of your exam.

## What to Expect



Your breast will be briefly compressed between two plates attached to the mammogram machine. The bottom plate holds the digital detector that records the image.



Once in the exam room, your technologist will position your breast in the mammogram machine.



You will fill out a breast history form to be discussed with the technologist prior to the exam.



The exam may be uncomfortable for a few seconds, but should not be painful. A simple repositioning may help, so make sure to notify your technologist of any discomfort.



A technologist will escort you to the dressing room and ask you to undress from the waist up and put on a gown.





## Take charge of your care.

Check out our website, where you can learn more about mammograms, review a list of our convenient mammography locations and even make an appointment.

[ScheduleYourMammo.com](https://www.adventhealth.com/ScheduleYourMammo.com)

### Let's talk in person.

To schedule your mammogram, please call us at 855-848-7309.

*This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.*

*AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

*ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.*



3D  
mammogram  
technology



Evening and  
weekend hours



Online  
scheduling



30-minute  
appointments