

# Top Mammogram Myths

## MYTH: A MAMMOGRAM TAKES TOO LONG. I HAVE NO TIME.

**FACT:** Exams usually take less time with digital mammography — patients typically complete a screening-mammogram appointment in less than 30 minutes. Many of our locations offer weekend, lunchtime and evening appointments as well as same-day availability.

## MYTH: MAMMOGRAMS COST TOO MUCH.

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

## MYTH: MAMMOGRAMS ARE PAINFUL.

**FACT:** Mammograms may be uncomfortable, but should not be painful. You'll experience less discomfort than in the past due to the new compression paddle design that flexes with your body, providing pressure only where needed.

### Compression is important, because:

- It spreads the breast tissue more evenly for better visualization of the anatomy and potential abnormalities.
- It lowers radiation dose, since a thinner amount of breast tissue is imaged.
- It immobilizes the breast to prevent blurring of the images caused by motion.

### Tips for a more comfortable mammogram:

- Schedule your mammogram 10 to 14 days after the start of your menstrual cycle; the breasts are usually less tender.
- Avoid caffeine a week before your mammogram; it can make the breasts tender.
- If you experience pain, inform the technologist — some simple repositioning may help. Our friendly staff members are sensitive to your needs and want to make your experience as comfortable as possible.

## MYTH: IF I FEEL A LUMP, IT MUST BE CANCEROUS.

**FACT:** Eight out of 10 breast lumps are not cancerous. However, see a physician immediately if you discover a lump or change in your breasts. Computer-aided detection (CAD) helps our specially trained radiologists to be certain of their findings, make recommendations for further studies and talk with referring physicians. If cancer is detected, our breast care clinicians will provide you with a continual source of support throughout the entire process.

## MYTH: THE RADIATION FROM A MAMMOGRAM CAN CAUSE CANCER.

**FACT:** Mammograms are very safe. Digital mammography uses the lowest radiation dose required to produce clear and precise exam images.

## MYTH: MAMMOGRAMS ARE FOR OLDER WOMEN ONLY.

**FACT:** Screening mammograms are recommended at least every two years, starting between the ages of 40 and 50. However, if you have a family history of cancer, any new breast problem or other high-risk factors, it may be recommended to start screening at an earlier age. Consult with your physician to determine when and how often you should have a screening mammogram.

To schedule your mammogram, call 866-366-PINK or make an appointment online at [ScheduleYourMammo.com](https://www.adventhealth.com/scheduleyourmammo).

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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 407-303-3025.