

Mammogram

A mammogram, an x-ray image of the breast, is crucial for detecting breast cancer, both as a screening tool for asymptomatic individuals and for diagnosing symptoms like lumps or changes in breast tissue. Screening mammograms involve multiple x-ray images to identify tumors or microcalcifications indicating cancer. Diagnostic mammograms are used after symptoms arise, evaluating abnormalities found during screenings or in complex cases such as with breast implants.



Why are mammograms important?

Mammograms are essential for both screening and diagnosis. Screening mammograms are recommended for women with no symptoms, typically starting at age 40 or earlier if there's a family history of breast cancer. These screenings can detect cancer at an early stage when it's most treatable. Diagnostic mammograms are for women experiencing symptoms like lumps, nipple discharge, or breast pain. They help evaluate these symptoms and aid in diagnosing breast cancer.

What to expect during a mammogram:

The process is quick and relatively simple. You'll stand in front of an x-ray machine, and your breast will be compressed between two plates to get a clear image. This compression may cause mild discomfort but should not be painful. The entire procedure usually takes around 20 minutes.

Regular mammograms are crucial for early detection and better outcomes in breast cancer treatment. Don't hesitate to schedule your mammogram or discuss any concerns with your healthcare provider.

Your proactive approach to breast health can save lives.