

## BSE EDUCATION

**B**reast **S**elf-**E**xamination, or BSE, is an important part of good health practices that every woman should practice each month.

If you have your mammogram done at The Women's Center, please ask to view the videotapes about how to do BSE correctly.

## GUIDELINES FOR MAMMOGRAPHY

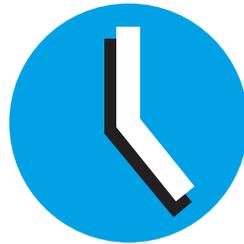
For women with no symptoms of breast disease, the American Cancer Society recommends that:

- you have your first mammogram by age 40;
- you have an annual mammogram from age 40 on.

Medicare covers screening mammograms for women without symptoms of breast disease based on these guidelines:

- your first or baseline mammogram between age 35 and 39.
- once a year (11 full months must have passed following the month of your previous screening mammogram) for ages 40 and older.

Please check **your** healthcare plan for information on its recommendations and coverage.



You can schedule an appointment for a Screening Mammogram online:

**[www.readinghospital.org](http://www.readinghospital.org)**

- 1) click on *Registration & Scheduling*
- 2) select *Scheduling for Screening Mammograms*

Please call **610-988-8611**

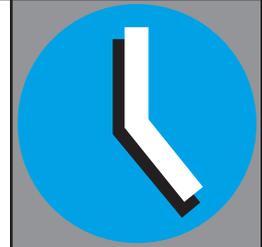
- to schedule a Screening Mammogram if you prefer not to use online scheduling
- to schedule a Diagnostic Mammogram
- to cancel your appointment for either type of Mammogram

**If you have any questions about mammography, please ask.**

Please bring this brochure with you to your appointment.



**The Reading Hospital and Medical Center**  
PO Box 16052  
Reading, PA 19612-6052



*y*ou are scheduled for a  
**MAMMOGRAM**

Screening  Diagnostic

date: \_\_\_\_\_ time: \_\_\_\_\_

study: \_\_\_\_\_

history/diagnosis: \_\_\_\_\_

ICD 9: \_\_\_\_\_

physician: \_\_\_\_\_

- The Women's Center  
 TRH Imaging Center at Exeter  
 TRH Imaging Center at Hamburg  
at  TRH Imaging Center at Kutztown  
 TRH Imaging Center at Mublenberg  
 TRH Imaging Center at The Reading Health Dispensary  
 TRH Imaging Center at Spring Ridge

**Please bring this brochure to your appointment!**



**The Reading Hospital and Medical Center**

**y**our doctor has scheduled you for a special type of study called a mammogram.

This brochure explains the mammogram procedure, so you will know what to expect on the day of your study.

## ABOUT MAMMOGRAMS

A mammogram is a special x-ray of the soft tissue in your breast. This study is used to detect early signs of breast disease. It also helps your doctor to evaluate any symptoms you may be having.

If this is your first mammogram, it will be used as a baseline. This means that all future mammograms will be compared to this one.

The amount of radiation used to do a mammogram is very small and should not cause any problems. However, if you are pregnant or think that you might be, tell your doctor and the technologist performing the study.

Also, we want you to know that each of our mammography units is accredited by both the American College of Radiology and the Food & Drug Administration's MQSA Program. This means that we meet specific government standards that are set for this specialty.

## PREPARATION

- If you had a mammogram done somewhere other than a Reading Hospital location, please bring the films with you on the day of your study. This will help our radiologist (a doctor who is an expert in reading x-rays) interpret your study and report findings more quickly.
- We suggest scheduling your appointment as closely after your menstrual period as possible. This helps to decrease possible discomfort due to breast tenderness.
- At least five days before your mammogram, avoid drinking coffee, tea, and other beverages that contain caffeine. This step will also help to decrease discomfort during the study.

- **Take a shower or bath before the mammogram. Do not put deodorant, powder, lotion, or perfume on your breasts or under your arms.** These products can leave traces on the x-ray, which makes it difficult to read.
- Wear a two-piece outfit like a shirt with pants or a skirt. Do not wear any jewelry around your neck.
- Please plan for about 30 minutes to complete this study.
- When you come for your study, **please bring:**
  - this brochure.
  - your health benefits ID card.
  - any required pre-approval or referral forms.
- Tell the person doing the mammogram if you have breast implants.

## PROCEDURES

When you arrive for your study, you will be taken to a dressing booth where you will undress from the waist up and change into the exam gown provided.

When you are ready, the technologist will ask you a few questions about your health. Next, she will position you for the first x-ray as you stand facing the mammogram machine.

Once the procedure begins, the technologist will use a smooth, plastic shield as a compression device to position your breast to get an accurate x-ray.

This compression may cause some discomfort, but the discomfort will last only a brief time. There will be no negative effects on your breast tissue – this action really decreases the amount of radiation that comes in contact with your body.

During the x-ray process, you may be asked to hold your other breast away from the one being examined. You must remain as still as possible during this part of the study.

Usually, two x-rays of each breast will be taken.

If you are having a **screening** mammogram and the radiologist feels that more pictures

would be helpful, a follow-up **diagnostic** mammogram will be recommended.

If you are having a **diagnostic** mammogram due to a current or previous complaint, more views may sometimes be taken.

Feel free to ask any questions at any point during your study.

## FOLLOW-UP

A radiologist will study your mammogram and make a report to your doctor. If you do not get your mammogram results within two weeks, please call your doctor.

