



# MAMMOGRAPHY

KEEP ABREAST WITH CANCER



# A mammography can save you

A mammogram is a low dose x-ray exam of the breasts that helps detect any abnormalities and keep a check on diseases like breast cancer.

A screening mammogram can be used even if you do not have signs of the disease. It can detect small abnormal tissue growths confined to the milk ducts (DCIS). When there is already an existing lump or other signs and symptoms, a diagnostic mammogram is conducted.

Mammography screening is the only screening method that has proven to be effective to detect tumors. Early detection of breast cancer means that treatment can be started earlier in the course of the disease, and even prevent its spread. In fact, studies show that a mammogram can help reduce the number of deaths from breast cancer among women ages 40 to 70 by as much as 30-40% (Source WHO)

1 in 28 women in India have breast cancer during their lifetime



100+ women are diagnosed with breast cancer every day

100+



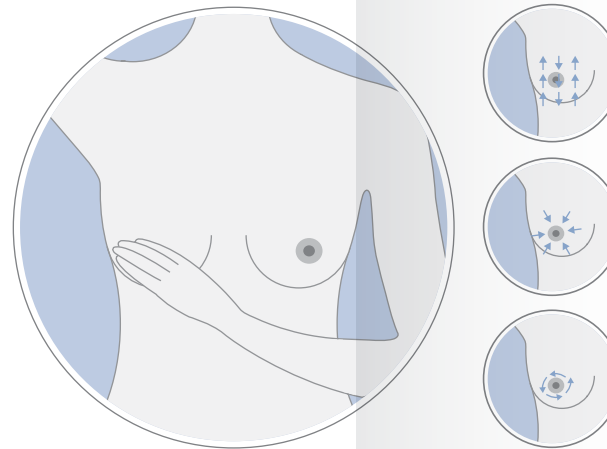
(Source: [http://articles.timesofindia.in/diatimes.com/2012-1021/special-report/34626683\\_1\\_breastcancer-commonest-cancer-cancer-statistics](http://articles.timesofindia.in/diatimes.com/2012-1021/special-report/34626683_1_breastcancer-commonest-cancer-cancer-statistics))

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## PREPARING FOR A MAMMOGRAM

The ideal time to get a mammogram is one week after your period. You must inform your doctor or x-ray technologist about any symptoms, especially if there is a chance that you are pregnant.

Also carry any previous reports along. On the day of your test, don't wear deodorant, talcum powder or lotion under your arms or on your breasts as they could show up as calcium spots.



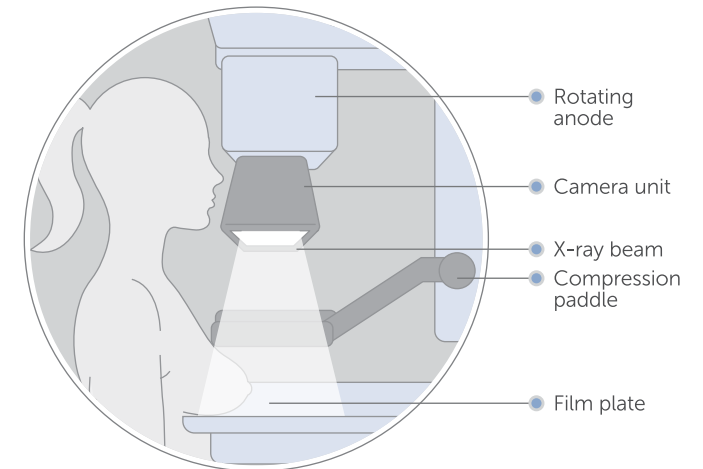
**Breast self-exam (standing):** With fingertips close together, gently probe each breast in one of the above three patterns.

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## HOW IS A MAMMOGRAM PERFORMED?

This is a simple test and you do not need to check into the hospital. A radiologic technologist will position your breast in the mammography unit, placing it on a special platform and gradually compressing it with a plastic paddle. This will cause you to feel some pressure, and even discomfort if your breasts are sensitive. If the discomfort is unbearable less pressure can be used. Images of each breast will be taken for top-to-bottom and angled side views, for which you will need to change positions.

For women with breast implants, a special technique called implant displacement views may be used.



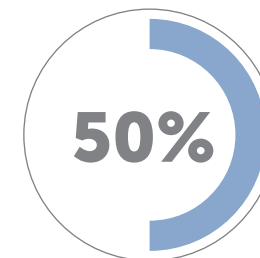
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## BENEFITS AND RISKS OF A MAMMOGRAM

While women 40 years and older must get a mammogram every 1 to 2 years, if there is a family history of breast cancer, it's best to go for a test before age 40, and more often. Some cancers cannot be detected by a screening mammogram but may be found by a clinical breast exam.

Although this test does use a very small dose of radiation, the benefits outweigh the potential harm as no radiation remains in a patient's body after a mammogram.

Mammograms are effective



... or more of all new, small cancers in the last 30 years have been found using mammograms

(Source: PBS Newshour)

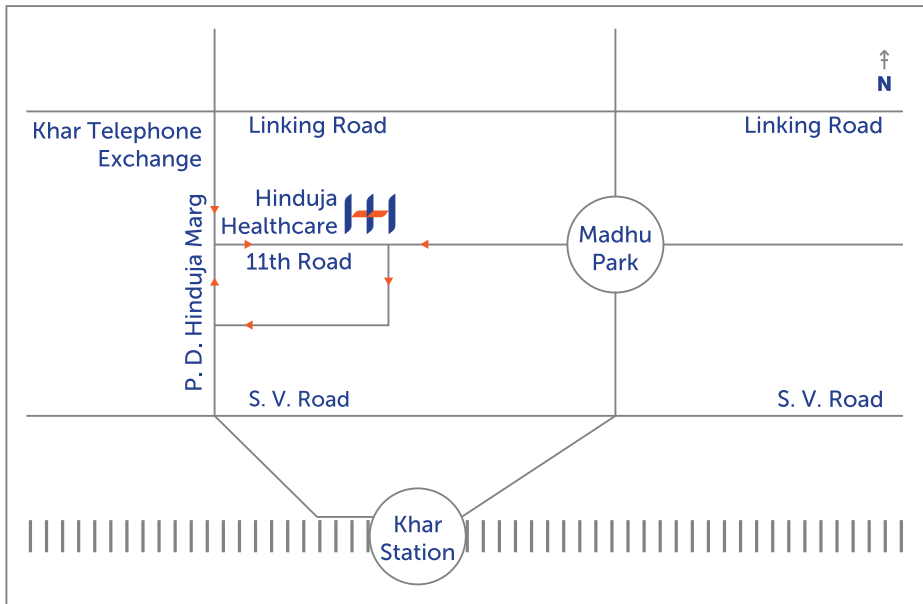
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## BREAST BIOPSY

A breast biopsy is usually done to check a suspicious lump found during a breast examination or on a mammogram, ultrasound, or magnetic resonance imaging (MRI). A breast biopsy removes a sample of breast tissue that is looked at under a microscope to check if a breast lump is cancerous (malignant) or noncancerous (benign).

- Fine-needle aspiration biopsy - A thin needle is inserted into a lump to remove a sample of cells or fluid.
- Core needle biopsy - A needle with a special tip is inserted to remove a sample of breast tissue about the size of a grain of rice.

Come in for a mammogram at HHS or include it in one of our health packages. Consult your doctor on what's best for you and get yourself checked in time.



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Hinduja Healthcare Surgical • 11<sup>th</sup> Road, Khar (W), Mumbai 52.

**For Appointments:** +91 22 3091 8989/6154 8989 • **For Enquiries:** +91 22 2646 9999

[www.hindujahealthcare.com](http://www.hindujahealthcare.com)