



# DE-MYSTIFYING MAMMOGRAMS

## **WOMEN BELOW THE AGE OF 40 YEARS CANNOT BE DIAGNOSED WITH BREAST CANCER**

**FALSE** | Many women under the age of 40 are diagnosed with breast cancer every day.

## **MEN CANNOT GET BREAST CANCER**

**FALSE** | It is less likely than females but one in every 992 men develops breast cancer.

## **ALCOHOL IS NOT LINKED TO BREAST CANCER**

**FALSE** | Alcohol increases the risk of breast cancer.

## **ONLY WOMEN WITH A FAMILY HISTORY OF BREAST CANCER ARE AT RISK**

**FALSE** | All women are at risk; family history only increases the likelihood of developing breast cancer.

## **MAMMOGRAMS CAN CAUSE CANCER**

**FALSE** | Mammograms utilise minimal doses of radiation and the risk of harm has never been proven. With modern technology radiation doses have consistently decreased with time while increasing accuracy.

## **MAMMOGRAMS ARE PAINFUL**

**FALSE** | With specialised personnel, the procedure should not be painful at all.

## **MY PREVIOUS MAMMOGRAM WAS NORMAL AND I DON'T HAVE TO REPEAT IT ANNUALLY**

**FALSE** | Mammograms help with the detection and not prevention of breast cancer. Having an annual mammogram increases your chances of detecting the early stages of cancer.



## FAQS

### WHEN SHOULD I DO A SELF -EXAMINATION?

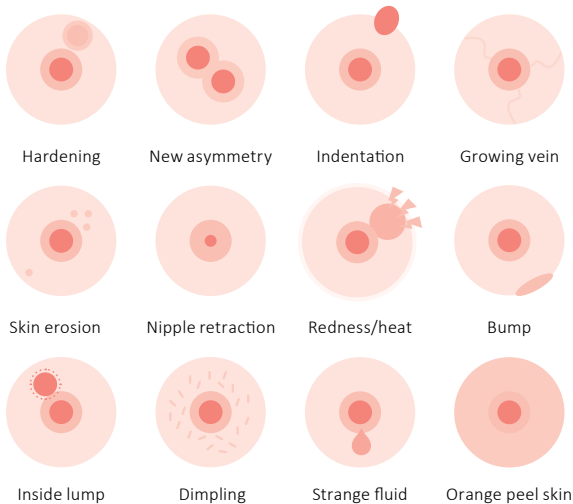
You can start doing a breast self-examination from around the age of 20. Examining once a month is sufficient.

### WHEN IS THE BEST TIME TO CHECK?

If you menstruate, the best time to check is a few days after your period ends, when you are the least tender and swollen. If you do not menstruate, you can check at any time of the month.

### WHAT DO I LOOK FOR?

A breast self-examination is excellent to understand the natural landscape of your breasts; this involves both looking and feeling. Look in the mirror with your arms up then again with your hands to your hips. Stand to the side and then face forward, check for changes that look like these signs below.



Hardening | New asymmetry | Indentation | Growing vein  
 Skin erosion | Nipple retraction | Redness/heat | Bump  
 Inside lump | Dimpling | Strange fluid | Orange peel skin

### WHAT DOES A LUMP FEEL LIKE?

A cancerous lump often feels hard and immovable like a seed. Normal lumps (milk loaves and lymph nodes) feel like soft peas because breasts can often swell and become tender.

### WHAT STEPS CAN I TAKE TO DETECT BREAST CANCER?

The patient detects about 25% – 35% of breast cancer cases, so reporting symptoms to a Healthcare Professional is important. However, mammograms can detect tiny lumps before they can be felt, giving the best chances of early detection.

### WHAT IS MY RISK?

Your breast cancer risk increases as you get older, as well as having higher exposure to estrogen. 80% of women diagnosed with breast cancer, do not have a family history of the disease.

### HOW DO I PREPARE FOR MY SCREENING?

Preparation is simple: Do not wear lotions, perfumes or deodorants above the waist on the day of your mammogram, as these products may contain ingredients that can interfere with your exam. Wear a two-piece outfit so that you do not have to disrobe fully.

### WHAT DO I BRING TO MY APPOINTMENT?

Please complete any pre-registration documentation sent to you. If you have had prior mammograms from Healthcare Professionals, please provide these completed forms at the time of your appointment. You will also need your Bankmed membership card and your ID document.

### WHEN AND HOW DO I RECEIVE MY RESULTS?

Your images will be reviewed and interpreted on the same business. They will then discuss the results with you, send you your report and send a copy of your results to your Healthcare Professional at your request.

