

Your doctor has referred you to Women's Imaging Centre-Lafayette for a Digital Mammography exam.

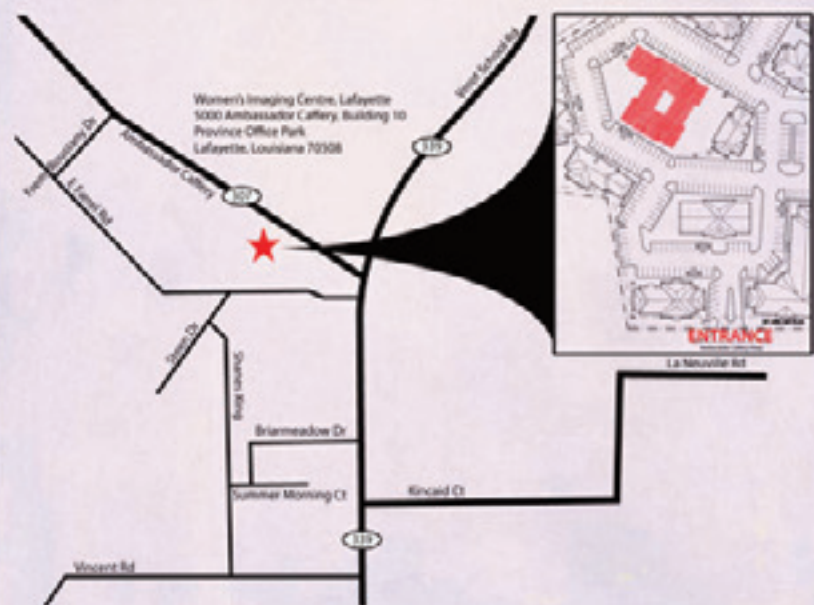
Name: \_\_\_\_\_

Arrival time (to register) \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Please be sure to bring your written prescription, insurance card, and photo ID with you.



Women's & Children's Hospital's

ELAINE M. JUNCA  
*Women's Imaging Centre*

A Service of THE REGIONAL MEDICAL CENTER OF ACADIANA

5000 Ambassador Caffery, Building 10  
Lafayette, Louisiana 70508  
(337) 993-8300



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*Digital  
Mammography*

## What is Mammography?

Mammography is a low dose X-Ray exam of the breasts, used both as a screening tool for asymptomatic women as well as a diagnostic tool for those experiencing symptoms such as a lump, pain, or nipple discharge. This procedure has been proven to significantly reduce mortality from breast cancer. During the exam, the breasts are compressed for a few seconds to even out the tissue, increase image quality, and to hold them still to avoid motion blur. Both front and side images of each breast are taken. Deodorant, talcum powder or lotion may show up on the study as calcium spots, and women are discouraged from applying these on the day of their examination.

## Digital Mammography at Women's Imaging Centre-Lafayette

Women's Imaging Centre-Lafayette utilizes state of the art Digital Mammography technology on all screening and diagnostic mammography exams. Digital Mammography is different than standard film mammography in the way the images are recorded, viewed and manipulated by the Radiologist, and stored. Since the Radiologist can electronically manipulate the images brightness, contrast, and magnification, abnormal areas may be more clearly visualized. Also, there is no waiting for film to develop, which means shorter exam times. There are also less re takes due to over or underexposure, saving time, and reducing radiation exposure.

## Computer Aided Detection (CAD)

Women's Imaging Center-Lafayette utilizes state of the art CAD technology to assist the Radiologist in detecting suspicious areas on mammograms. These computers act as a second set of "eyes", and displays marks on the patients images it "thinks" the Radiologist should examine especially closely. Studies have shown that including CAD in the interpretation of mammography increases the detection of breast cancer by as much as 20%.

## Screening Mammography

Women age 40 and older should have a screening mammogram every year, and should continue to do so for as long as they are in good health.

Women at high risk (greater than 20% lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15% to 20% lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15%.

## Diagnostic Mammography

A diagnostic mammogram is an x-ray exam of the breast on a woman who either has a breast complaint (for example, a breast mass, nipple discharge, etc.) or has had an abnormality found during a screening mammogram. During a diagnostic mammogram, more images are taken to carefully study certain areas of the breast. These additional views are tailored to the patient's needs.

## Preparation for the mammography exam

- On the day of the exam, don't wear deodorant or antiperspirant; some of these contain substances that can interfere with the reading of the mammogram by appearing on the x-ray film as white spots.
- You may find it more convenient to wear a skirt or pants, so that you'll only need to remove your blouse for the exam.
- Schedule your mammogram when your breasts are not tender or swollen to help reduce discomfort and to assure a good study. Try to avoid the week just before your period.
- Always describe any breast symptoms or problems that you are having to the technologist who is doing the mammogram. Be prepared to describe any pertinent medical history such as prior surgeries, hormone use, family or personal history of breast cancer. Also discuss any new findings or problems in your breasts with your doctor or nurse before having a mammogram.

## What to Expect When You Get a Mammogram

- Having a mammogram requires that you undress above the waist. A robe will be provided by our facility for you to wear.

- A female technologist will position your breasts for the study. You and the technologist are the only ones present during the examination.

- The whole procedure takes about 20 minutes. The actual breast compression only lasts a few seconds.

- You may feel some discomfort when your breasts are compressed. Try not to schedule your mammogram when your breasts are likely to be tender, as they may be just before or during your period.

## How do I get my results?

Our office will send a report to the physician that sent you here for the exam once the Radiologist interprets the study, and compares with old mammography exams. You will also receive a letter from us.

## Why Women's Imaging Centre-Lafayette?

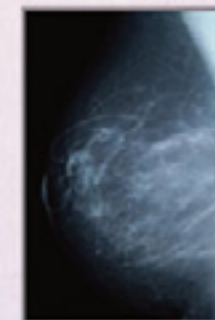
You feel comfortable at Women's Imaging Centre-Lafayette from the second you walk in our front door. The luxurious environment is unparalleled in diagnostic testing facilities. You can also be confident that we use the most current, state of the art diagnostic equipment on the market, so that our highly qualified Radiologists have the tools that are needed for the most accurate diagnosis.

We offer:

- Easy scheduling and same day/next day appointments
- Comfortable surroundings
- Highly trained, caring staff

To schedule your appointment, please call:

**(337) 993-8300**



Mammography Image