



SOCIETY OF  
BREAST IMAGING  
SINCE 1985

ROAD TO

40

*Four things **patients approaching 40** should know about **getting a mammogram**.*

# What's a Mammogram

**A mammogram is an *X-ray imaging technique*.**

It uses low doses of radiation to create pictures of the breast.

These are then ***examined by a radiologist*** for signs of breast cancer or other diseases.



## What to Expect

**The process takes about  
*15 minutes.***

Each breast is briefly compressed between plastic plates for an X-ray, repeated from different angles.

While uncomfortable, this flattening ensures a clear view.



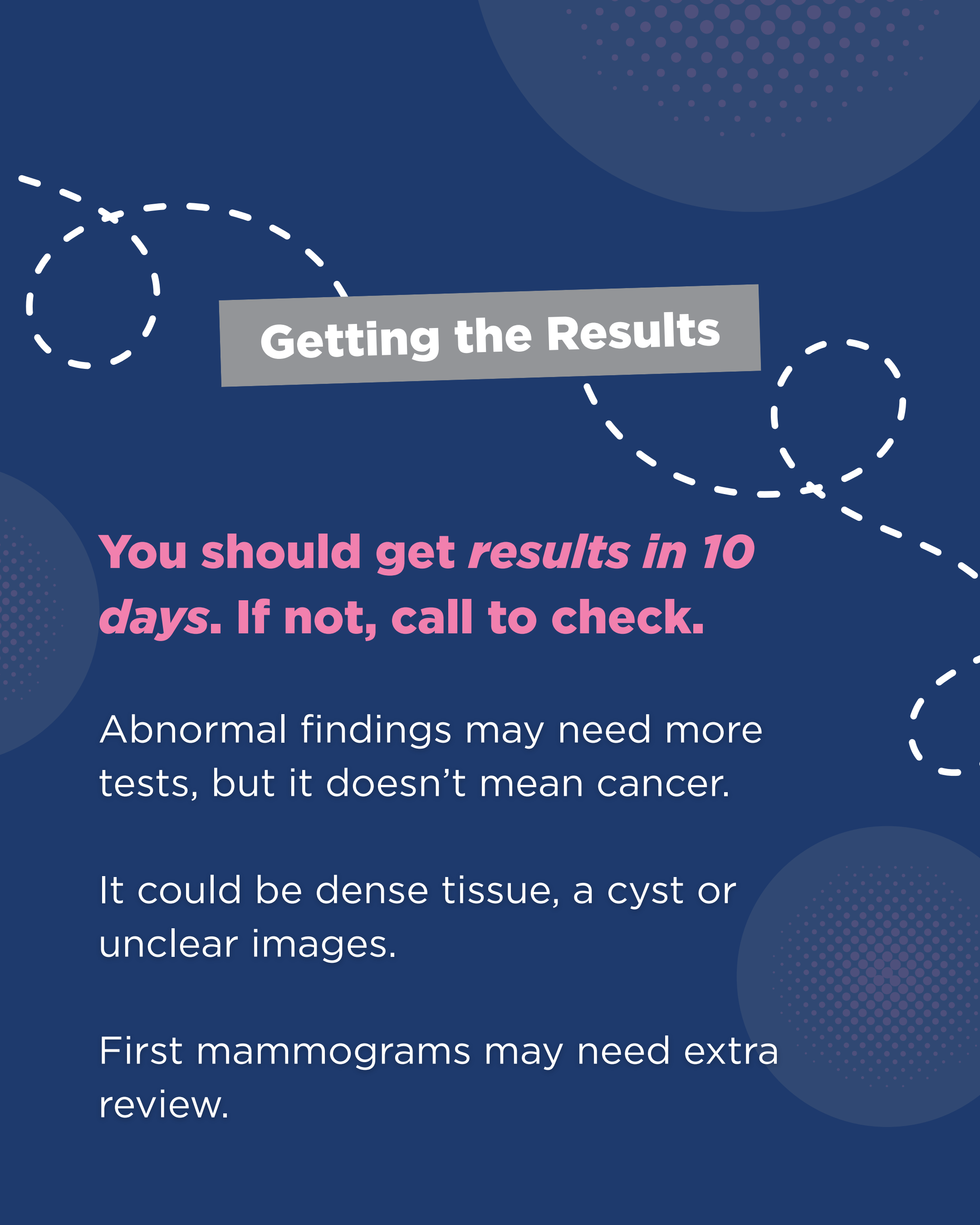


## What to Wear

***Wear a two-piece outfit.***

You will need to remove your top and bra.

Don't use antiperspirant powder, lotion or ointment on the day of your mammogram. These products can appear as white spots on the X-ray.



## Getting the Results

**You should get *results in 10 days*. If not, call to check.**

Abnormal findings may need more tests, but it doesn't mean cancer.

It could be dense tissue, a cyst or unclear images.

First mammograms may need extra review.