

Mammogram

A mammogram is an x-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risks for breast cancer. Talk to your doctor about your risk factors.

Arrive on time for your test.

To Prepare

- **Tell the staff before the test if there is a chance you may be pregnant.**
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

During the Test

- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 x-rays taken of each breast.
- The person doing the test needs to touch and move your breast to get it in the right spot for each x-ray.
- Small sticky dots may be put on your nipples to help show them on your x-rays.
- Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
- You are told to take a deep breath and hold it while the x-ray is taken.
- Each x-ray takes less than 30 seconds.
- If you have breast implants, more x-rays will need to be taken and the test will take more time.



Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

乳房造影檢查

乳房造影檢查是乳房專用的X光攝影技術，是偵測乳癌的最佳方法。四十歲後應每年進行乳房造影檢查，或如果您是乳癌高危險族應更早開始。可向您的醫生請教您的風險因素。

請準時到達進行測試。

事前準備

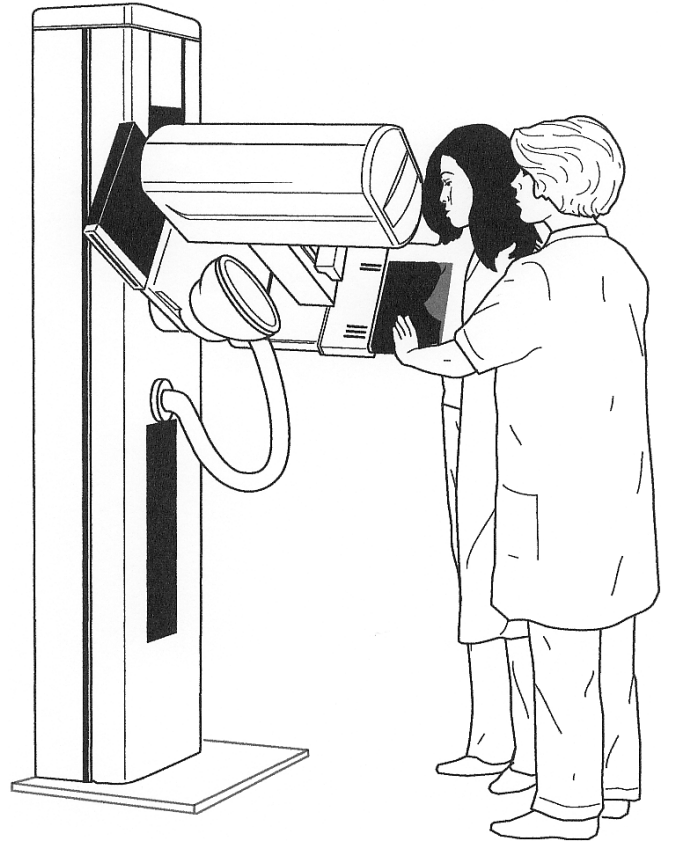
- 如您有可能已懷孕，請在測試前告知職員。
- 測試當天請勿在腋下或乳房上使用止汗劑、乳液或香粉。

測試期間

- 您必須脫掉腰部以上的衣服，並穿上一件紙製袍服。
- 職員會請您站在機器旁邊。
- 每一邊乳房要拍攝最少兩張X光片。
- 測試人員必須觸摸及移動您的乳房，務使每張X光片拍到正確位置。
- 乳頭上可能要貼上小黏片，讓其在X光片上可顯示出來。
- 您的乳房會被夾在兩塊平板中間，可能有點痛，但不會傷害到乳房。
- 拍攝X光片時，職員會請您深吸一口氣並屏息一會。
- 每張X光拍攝時間不超過30秒。
- 如您曾進行乳房植入手術，將須拍攝更多X光片，而且測試需時更久。

測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。



Mammogram. Traditional Chinese.

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