

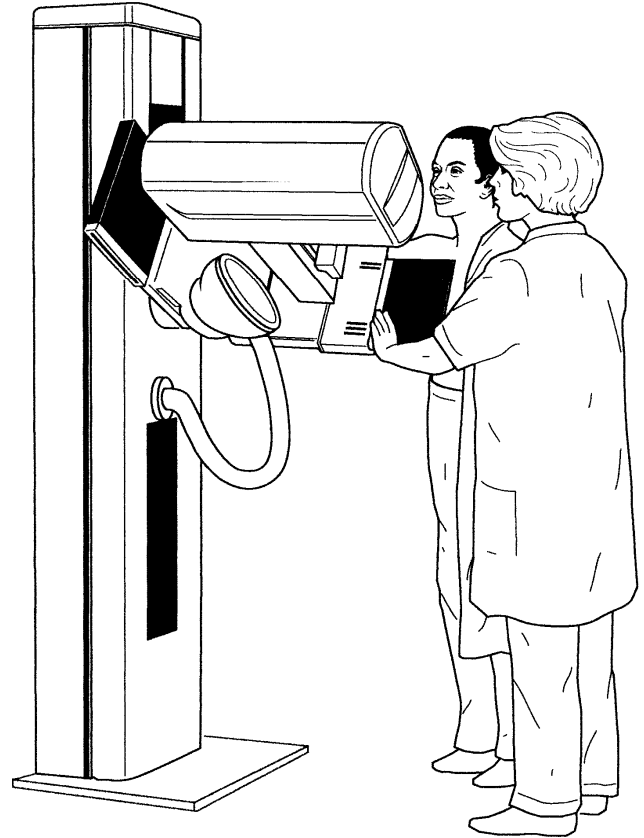
Mammogram

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.

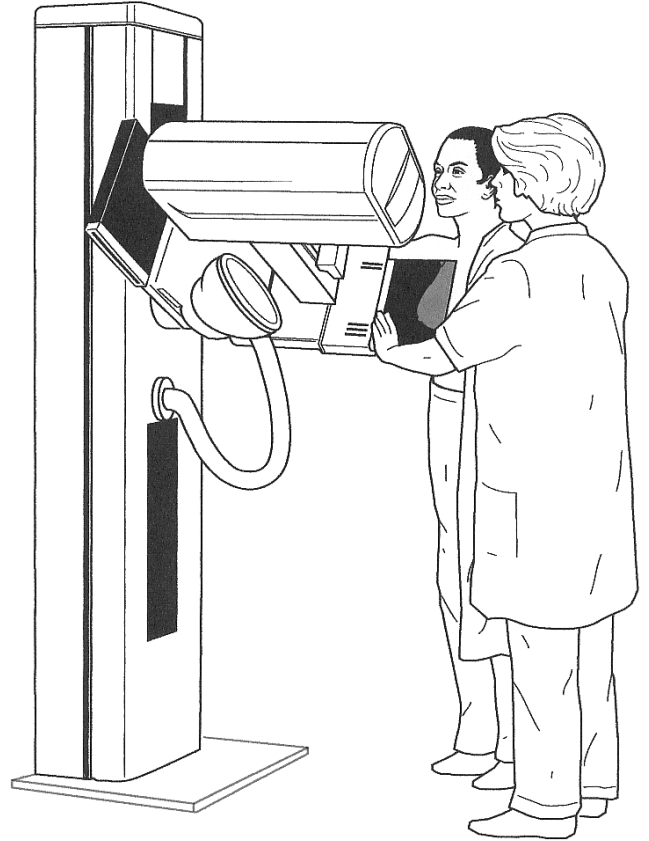
Mammographie

Une mammographie est une radiographie de votre poitrine. C'est le meilleur moyen de détecter le cancer du sein. Vous devriez effectuer une mammographie tous les ans après 40 ans, ou plus tôt si vous courez un plus grand risque de contracter un cancer du sein. Discutez avec votre médecin de vos facteurs de risque.

Arrivez à l'heure pour ce test.

Pour vous préparer

- **Dites au personnel, avant le test, si vous pensez être enceinte.**
- Ne mettez pas de déodorant, de lotion ou de poudre sur vos bras ou votre poitrine le jour du test.



Lors du test

- Vous devez enlever vos vêtements au-dessus de la ceinture. On vous donnera une blouse en papier que vous pourrez porter.
- On vous demandera de vous tenir debout à côté de l'appareil.
- Au moins deux radiographies seront prises de chaque sein.
- La personne effectuant le test doit toucher et bouger votre sein pour qu'il soit en bonne position pour la radiographie.
- Des petites pastilles collantes peuvent être placées sur les mamelons pour pouvoir les distinguer sur les radiographies.
- Votre sein sera pressé entre deux surfaces plates. Cela peut être douloureux, mais ne fait pas de mal à votre poitrine.

- 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.

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- On vous demandera de respirer à fond et de retenir la respiration pendant la prise du cliché radiographique.
- Chaque radiographie prend moins de 30 secondes.
- Si vous avez des implants mammaires, il faudra prendre des radiographies supplémentaires et le test prendra plus longtemps.

Le résultat des tests est envoyé à votre médecin. Votre médecin discutera des résultats avec vous.

Parlez à votre médecin ou à votre infirmière si vous avez des questions ou des inquiétudes.

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Mammogram. French.