

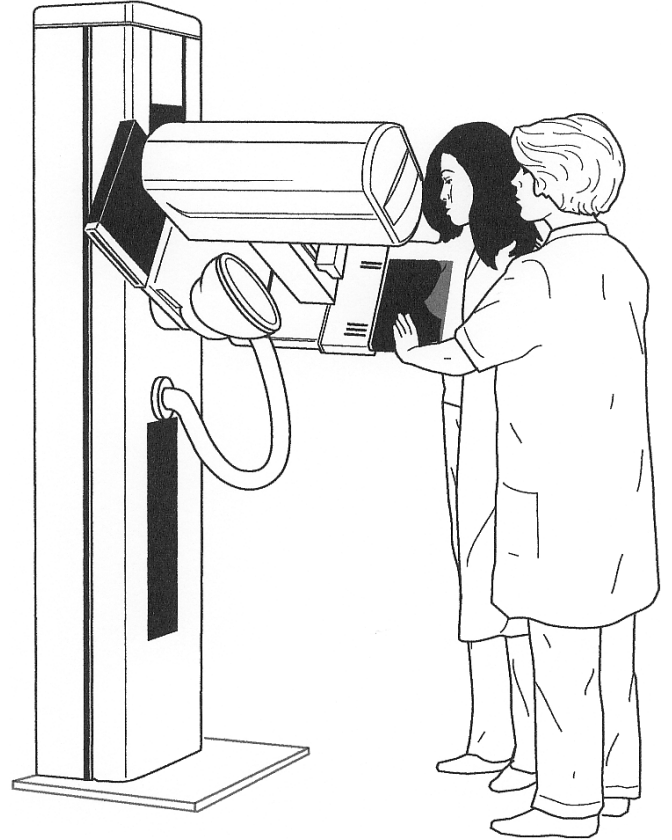
Mammogram

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.



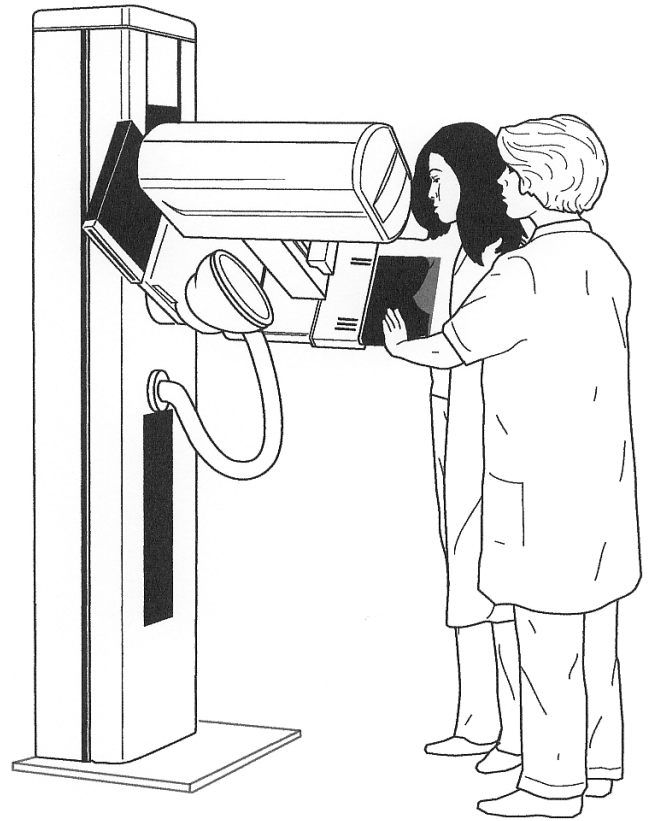
During the Test

- 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.

マンモグラム

マンモグラムとは、乳房のX線写真のことです。これは乳がんを発見するための最良の検査方法です。乳がんの危険性の高い40歳以上の女性は毎年マンモグラムによる検診を受けて下さい。危険因子に関しては、医師にご相談下さい。

検査日の時間を厳守して下さい。



検査前

- 妊娠している可能性がある場合は、事前にスタッフに申し出て下さい。
- 検査日には、デオドラント、ローション又はパウダー等を使用しないで下さい。

検査中

- 上半身は裸になり、ペーパーガウンに着替えて下さい。
- 検査機器の横に立ちます。

- 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.

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- 片方の乳房につき最低 2 枚の X 線写真像を撮像します。
- X 線写真が正しく撮れるように、スタッフが乳房の位置を手で調整します。
- X 線写真において乳首を見分け易くするため、小さなシールを乳首に張る場合があります。
- 2 枚の平板の間に乳房を挟みます。多少の痛みを感じる場合がありますが、乳房を傷つけることはありません。
- 深呼吸をし、X 線写真を撮影中は息を止めて下さい。
- 各 X 線写真は、30 秒ほどで終了します。
- 乳房インプラントを受けている場合は、より多くの X 線写真を撮る必要があり、検査には通常以上の時間がかかります。

検査結果は、貴方の担当医師に送付されます。医師はその結果を貴方に報告します。

質問や不安がある場合は、医師又は看護師にご相談下さい。

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.