

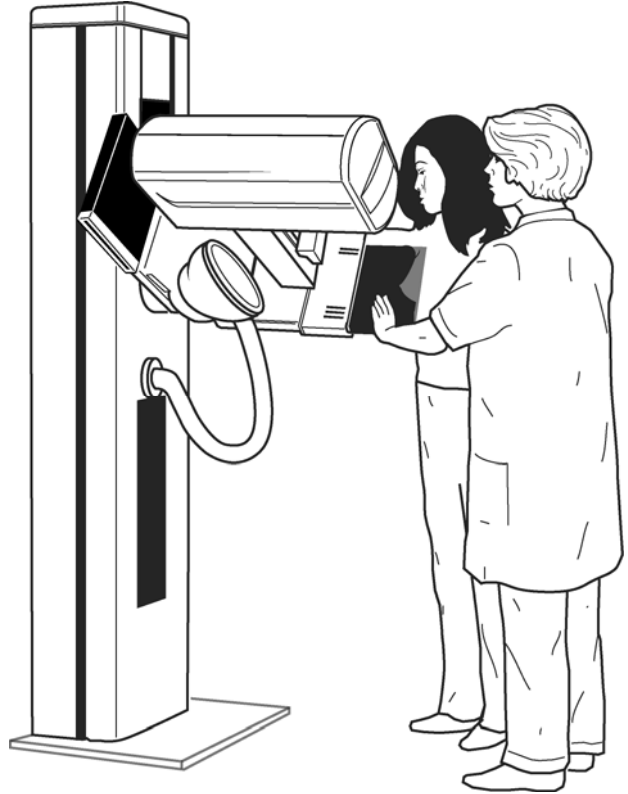
# Mammogram

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.



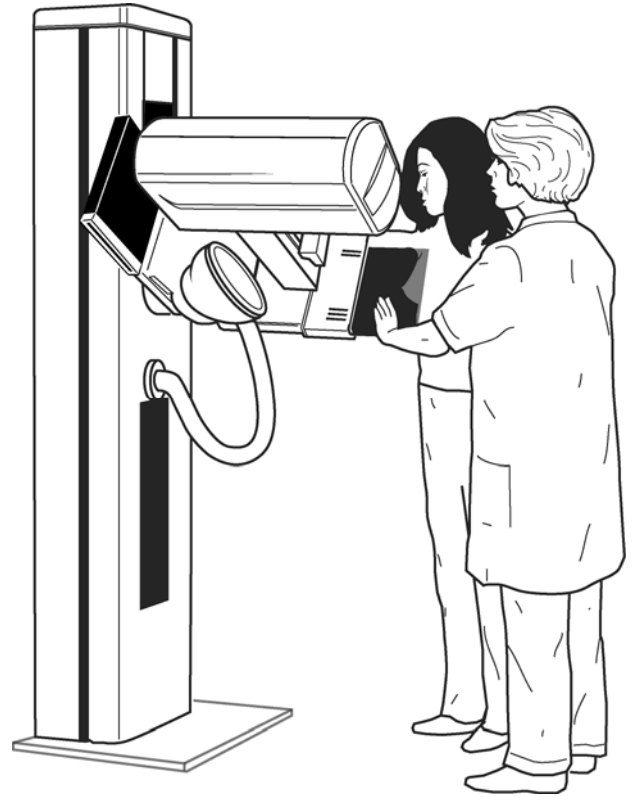
## During the Test

- 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.

# 매모그램 (유방 X선 검사)

매모그램은 유방의 X-레이 검사입니다. 유방암을 검사하는 가장 좋은 방법입니다. 여성은 40세 이후에는 매년, 또는 유방암에 걸릴 확률이 높은 여성은 그 이전부터 매년 매모그램을 해야 합니다. 귀하의 위험 인자에 관하여 의사와 상담하시기 바랍니다.

검사하는 날 제 시간에 도착하십시오.



## 검사 전 유의사항

- 혹시 임신했는지라도 모르면 검사 전에 직원에게 말하십시오.
- 검사 받는 날 겨드랑이나 유방에 방향제를 뿌리거나, 로션 또는 파우더를 바르지 마십시오.

## 검사 중

- 허리 위로 옷을 벗어야 합니다. 종이 가운을 입으라고 줄 것입니다.
- 기계 옆에 서 있으라고 할 것입니다.
- 각 유방마다 최소한 2개의 X-레이 사진을 찍습니다.
- 검사를 하는 사람은 X-레이 사진을 잘 찍기 위하여 유방을 만지거나 움직일 필요가 있습니다.
- X-레이 사진에 잘 나오도록 하기 위하여 젖꼭지에 작은 스티커를 붙일 수 있습니다.

- 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.**

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- 두 개의 납작한 표면에 유방을 눌러야 합니다. 약간 통증이 있을 수 있지만 유방에 해롭지는 않습니다.
- 숨을 크게 들이쉬 다음 X-레이를 찍을 동안 그대로 있으라고 할 것입니다.
- 각 X-레이 사진을 찍는데 30초 미만이 걸립니다.
- 유방 임플란트를 한 여성은 X-레이 사진을 더 많이 찍어야 되고, 검사하는데도 시간이 더 걸립니다.

검사 결과는 귀하의 의사에게 전달됩니다. 귀하의 의사는 그 결과를 환자에게 알려줄 것입니다.

의문사항이나 우려사항이 있으면 의사나 간호사에게 물어보십시오.

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