

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.

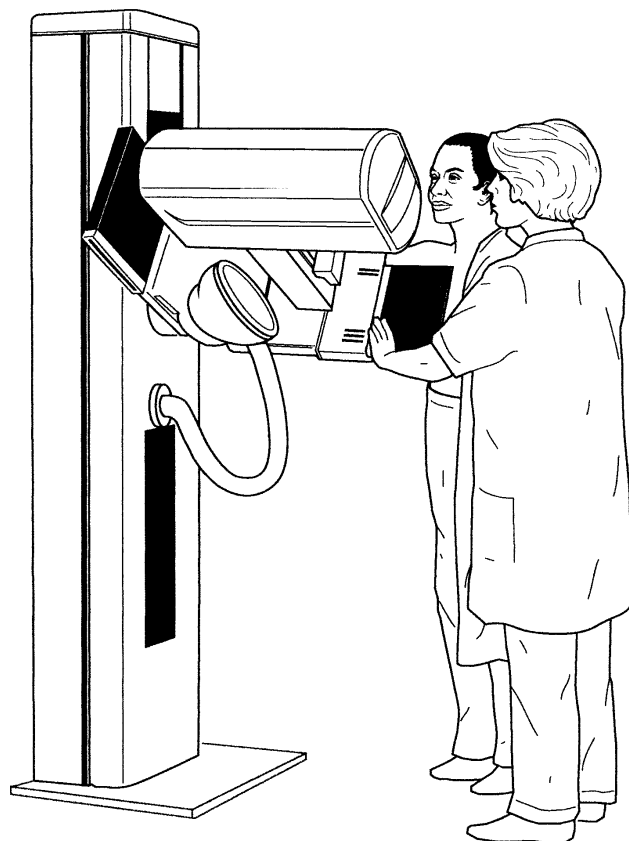
Arrive on time for your test.

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.



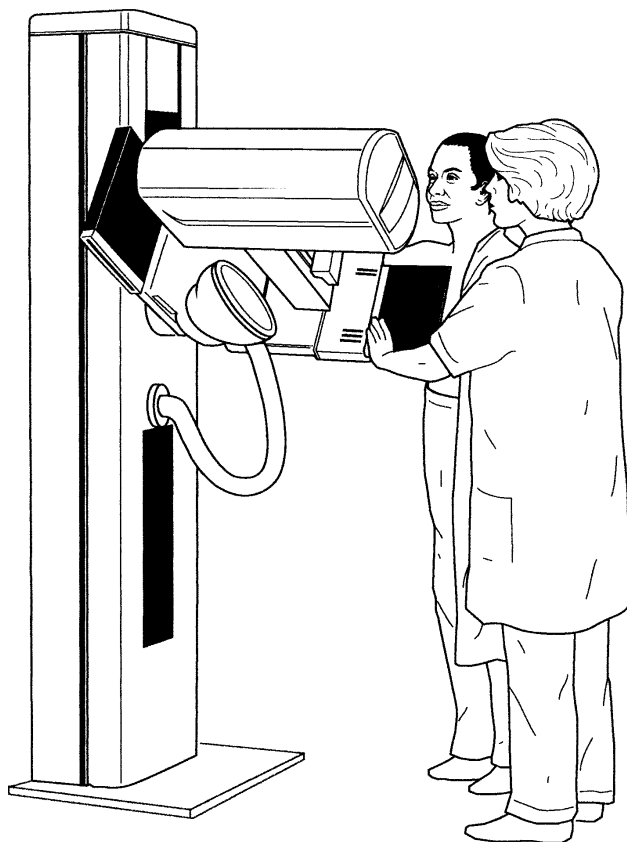
Mamografia

A mamografia é uma radiografia das mamas e é o melhor exame para detecção do câncer de mama. Você deve fazer uma mamografia todos os anos depois dos 40 anos de idade ou antes se apresentar alto risco para câncer de mama. Converse com seu médico sobre seus fatores de risco.

Chegue pontualmente para o exame.

Como se preparar para o exame

- **Informe ao profissional da equipe antes do início do exame se houver uma possibilidade de você estar grávida.**
- Não use desodorante, loção ou talco nas axilas ou nas mamas no dia do exame.



Durante o exame

- Você precisará tirar toda a roupa da cintura para cima. Você receberá um roupão descartável para vestir.
- Você deverá ficar em pé ao lado do equipamento.
- Serão feitas pelo menos duas radiografias de cada mama.
- A pessoa que fará o exame precisará tocar na sua mama e movimentá-la para colocá-la na posição certa para cada radiografia.
- Pequenos pontos adesivos poderão ser colocados nos seus mamilos para ajudar a visualização dos mesmos na radiografia.
- Sua mama será espremida entre duas superfícies planas. Você poderá sentir dor, mas essa pressão não machucará as mamas.

- 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.

- Será solicitado que você respire fundo e segure a respiração enquanto a radiografia é realizada.
- Cada radiografia leva menos de 30 segundos para ser realizada.
- Se você tem implantes de mama, será necessário realizar mais radiografias e o exame demorará mais tempo.

Os resultados do exame serão enviados para seu médico. Seu médico informará a você os resultados do exame.

Converse com seu médico ou enfermeira em caso de dúvidas ou preocupações.

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.