

# 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.

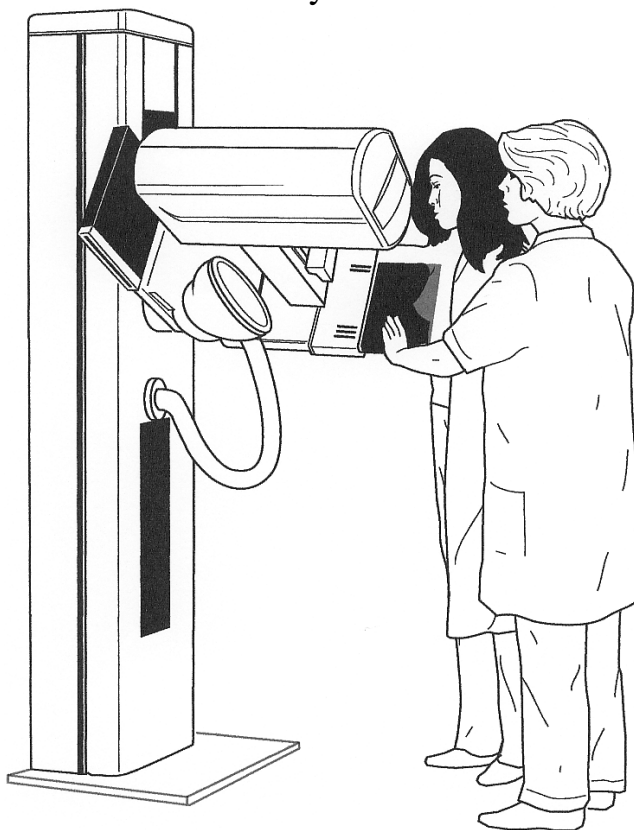
**Arrive on time for your test.**

## 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.**

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# 乳房 X 线摄影

乳房 X 线摄影是发现乳腺癌的最佳方法。40 岁之后应该每年拍一次乳房 X 线摄影，如果患乳腺癌的风险更高，则应该更早拍乳房 X 线摄影。告诉医生你有哪些风险因素。

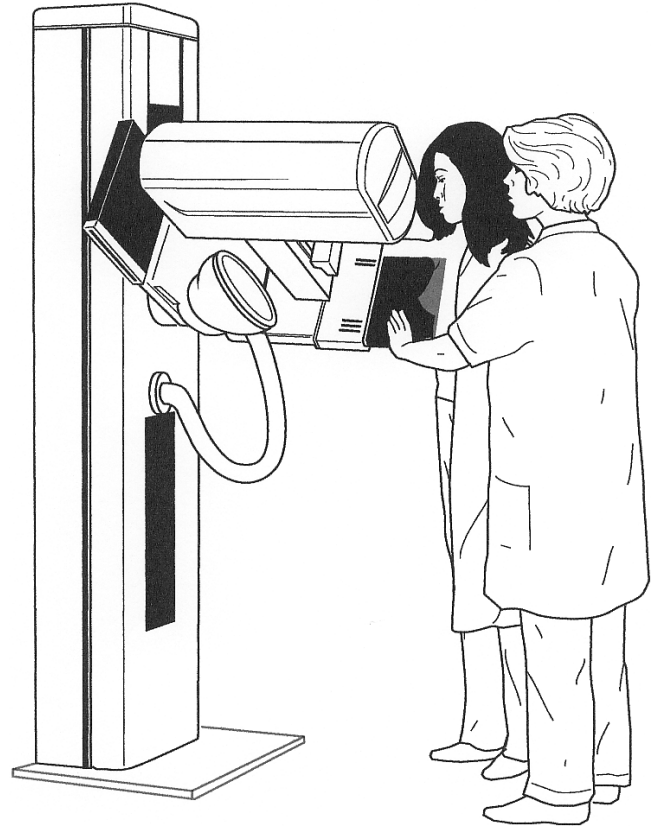
做检查要准时。

## 准备工作

- 如果你可能有孕在身的話，要在检查开始之前告诉工作人员。
- 检查当天不要在腋下涂除臭剂或在乳房上用润肤液或爽身粉。

## 检查过程中

- 必须脱掉腰部以上的衣物。工作人员会让你穿上一件纸质长袍。
- 工作人员会让你站在机器旁。
- 每一侧乳房至少要拍两张 X 线摄影。
- 检查人员需要触摸你的乳房并将乳房移到拍 X 线摄影的适当位置。
- 可能会在你的乳头上涂一点黏质物，以便乳头在 X 线摄影上显示出来。
- 你的乳房会被两个平面挤压。可能会疼，但是不会对乳房造成伤害。
- 拍 X 线摄影时，工作人员会叫你深呼吸，并且屏住呼吸。
- 拍每一张 X 线摄影最多需 30 秒时间。
- 如果你隆过胸，则需要拍更多 X 线摄影，而且检查时间会更长。



检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

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Mammogram. Simplified Chinese