

# 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.

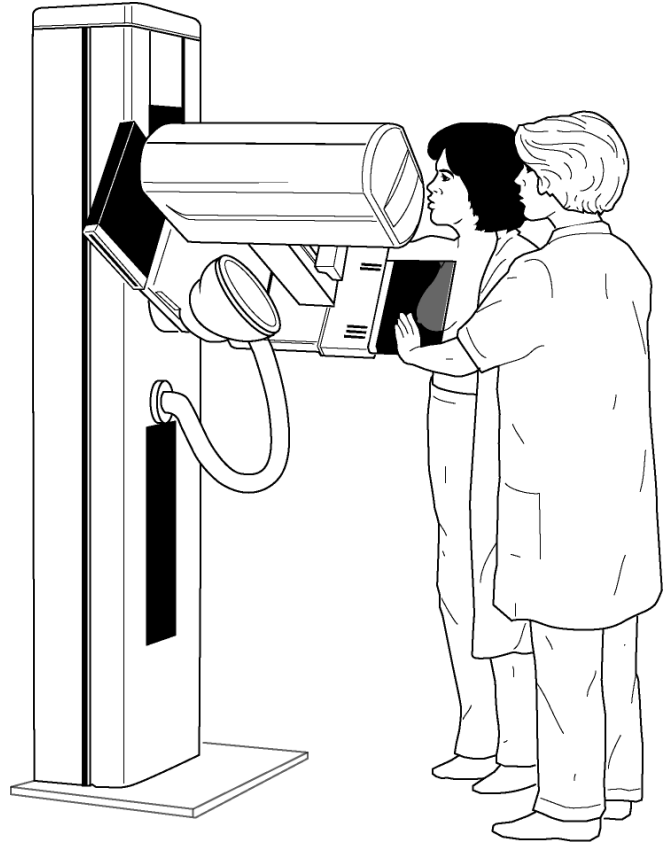
**Arrive on time for your test.**

## 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.



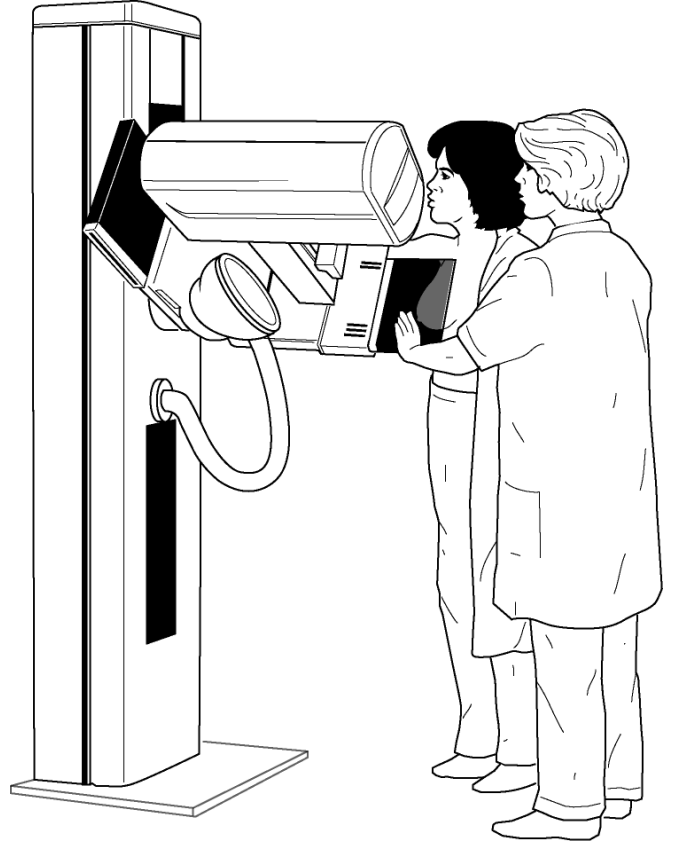
# Mamografía

Una mamografía es una radiografía de sus senos. Es la mejor manera para detectar cáncer de mama. Usted debería hacerse una mamografía anual después de cumplir 40 años de edad, o antes si tiene un mayor riesgo de contraer cáncer de mama. Hable con su médico acerca de sus factores de riesgo.

**Llegue puntualmente a su examen.**

## Cómo prepararse

- **Antes del examen, dígame al personal si existe alguna posibilidad de que esté embarazada.**
- No use desodorante, loción ni talco debajo de sus brazos o en sus senos el día del examen.



## Durante el examen

- Deberá desvestirse desde la cintura para arriba. Se le dará una bata de papel para usar.
- Se le pedirá que se pare al lado de una máquina.
- Se le tomarán por lo menos 2 radiografías de cada seno.
- La persona que realiza el examen necesitará tocar y mover sus senos para colocarlos en el lugar preciso para cada radiografía.
- Es posible que le coloquen unos pequeños puntos pegajosos en sus pezones para que se vean claramente en las radiografías.

- 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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- Su seno será apretado entre 2 superficies planas. Esto podría doler, pero no dañará sus senos.
- Se le pedirá que respire profundamente y mantenga la respiración mientras se toma la radiografía.
- Cada radiografía demora menos de 30 segundos.
- Si usted posee implantes de seno, será necesario tomar más radiografías y el examen demorará más tiempo.

Los resultados son enviados a su médico, quien los analizará con usted.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

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Mammogram. Spanish