

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.

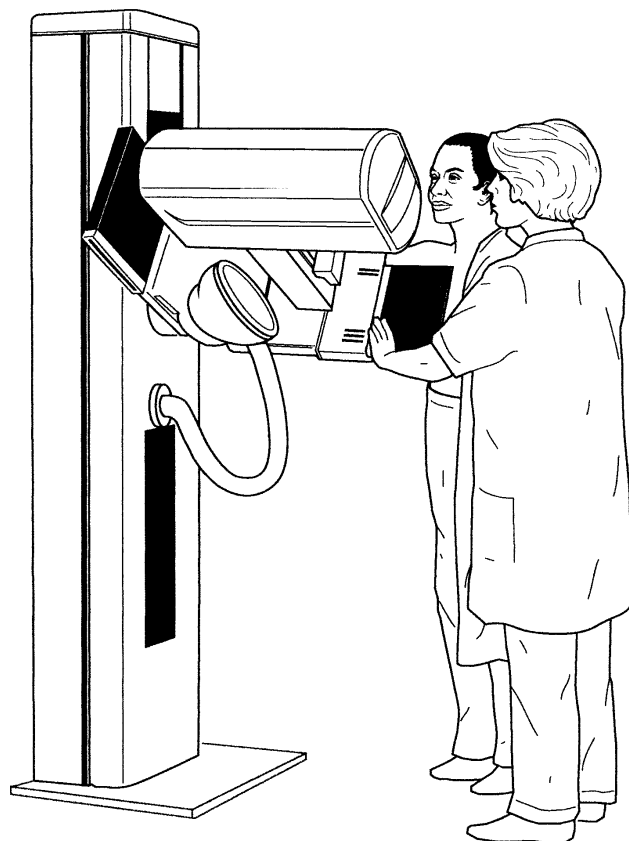
Arrive on time for your test.

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.



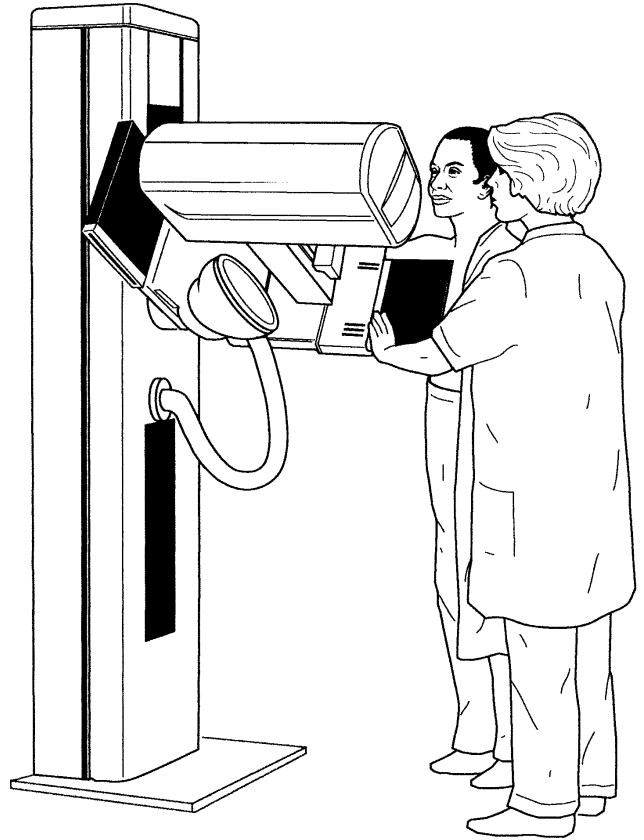
Pagsusuri sa Suso sa Pamamagitan ng Makina

Ang mammogram ay pag x-ray ng inyong suso. Ito ang pinaka-mahusay na paraan upang matuklasan ang kanser sa suso. Dapat kayong sumailalim sa mammogram taon-taon paglampas ng edad na 40 o sa lalong mas madaling panahon kung mataas ang panganib ninyo ng kanser sa suso. Kausapin ang inyong doktor tungkol sa inyong mga sanhi ng panganib.

Pumunta sa itinakdang oras para sa inyong pagsusuri.

Upang Maghanda

- Sabihin sa mga tauhan bago ang pagsusuri kung maaaring kayo ay nagdadalang-tao.
- Huwag gumamit ng deodorant, losyon o polbo sa inyong kili-kili o sa inyong mga suso sa araw ng inyong pagsusuri.



Habang isinasagawa ang Pagsusuri

- Kailangan ninyong maghubad mula baywang pataas. Bibigyan kayo ng papel na baro (paper gown) upang isuot.
- Patatayuin kayo sa tabi ng makina.
- May hindi bababa sa 2 x-ray ang kukunin sa magkabilang suso.
- Kailangang hawakan at galawin ng taong gumagawa ng pagsusuri ang inyong mga suso upang ilagay ito sa tamang puwesto para sa x-ray.
- Maaaring may ilagay na maliliit at malagkit na tuldok sa inyong mga utong upang makita ang mga ito sa inyong x-rays.
- Iipitin ang inyong suso sa pagitan ng dalawang patag na panig. Maaaring masakit ito, ngunit hindi ito makakapinsala sa inyong mga suso.

- 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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- Pahihingain kayo ng malalim at pipigilang ilabas ang hininga habang kinukuha ang x-ray.
- Bawat x-ray ay magtatagal nang hindi lalampas sa 30 segundo.
- Kung mayroon kayong mga nailagay na bagay sa dibdib (implants), mas maraming x-rays ang kakailanganin at mas magtatagal ang pagsusuri.

Ang mga resulta ng pagsusuri ay ipapadala sa inyong doktor. Ibahagi sa inyo ng inyong doktor ang mga resulta.

Kausapin ang inyong doktor o nars kung mayroon kayong mga katanungan o pag-aalala.

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