MAMMOGRAPHY

- **When should I get my first mammogram?**
  The American College of Obstetricians and Gynecologists and other medical groups recommend that women with an average risk of breast cancer begin annual mammograms at age 40 and continue as long as the individual is in relatively good health. Women in their 20s and 30s should have a clinical breast examination as part of a routine physical every three years. At 40 years of age and thereafter, clinical breast examinations should be done annually.

  Women with a family history of breast cancer should discuss screening options with their physician. However, many breast specialists are recommending that women with a strong family history of cancer begin annual screenings at an earlier age with a breast ultrasound or MRI in addition to regular mammograms. Breast self-examinations should be performed monthly, starting at age 20.

- **Are there different types of mammograms, and which one should I have?**
  There are two types of mammograms, screening and diagnostic. The type of mammogram that is best for you depends on your medical history and breast symptoms.

3D MAMMOGRAPHY

3D mammography uses advanced tomosynthesis technology, which improves the ability to detect cancer at the earliest stages, while using the lowest radiation exposure available in the market. 3D mammography provides clearer images, more accurate screenings and reduces the number of false positives.

- **3D screening mammograms**: used to detect breast cancer in women who have no personal history of breast cancer and have a normal clinical breast exam. The screening consists of two to three X-rays of each breast, obtained by a certified mammography technologist and interpreted by breast radiologists.

- **3D diagnostic mammogram**: recommended for patients who have noticed an area of concern or suspicious change in the clinical exam of the breast, have had an abnormal screening mammogram or have a personal history of breast cancer. If your doctor has noticed a change in your clinical breast exam, a diagnostic mammogram and ultrasound will be ordered to clarify the finding and determine if a biopsy is needed. A diagnostic mammogram is similar to a screening mammogram, but requires additional imaging for each breast, obtained by a certified mammography technologist and interpreted by breast radiologists.

Easily schedule your screening mammogram online at houstonmethodist.org/imaging or by calling 281.242.PINK (7465).

Schedule your diagnostic mammogram and/or breast ultrasound by calling 281.242.PINK (7465).