



### What is Mammography?

Mammography, or x-ray of the breasts, is an investigation that enables early detection of breast cancer even before you or your doctor may be aware of any changes in your breasts.

Specialised x-ray machines and equipment are used to take 2D or 3D (tomosynthesis) x-rays of both breasts. The pictures taken are then examined and interpreted by a specialist radiologist who will report the results back to your referring doctor.

### What is Tomosynthesis?

Breast tomosynthesis (also known as 3D mammography) is an advancement on the traditional mammogram which allows Regional Imaging expert radiologists to quickly and very precisely examine breast tissue in thin slices, typically one millimetre in thickness.

Breast tomosynthesis improves the detection of invasive breast cancers by 40% and significantly reduces the number of 'false positive' findings, decreasing the need for additional mammographic views and reducing patient anxiety. Scans are completed in just seconds with the lowest radiation dose possible, delivering more precise images and ultimately helping to improve diagnosis and patient outcomes.

During scanning, an X-ray arm sweeps in a slight arc over the breast and takes a series of pictures at various angles which are then reconstructed into a high quality (3D) image.

### On the day

Please bring any previous x-rays with you on the day of your examination.

You may need to change into a gown for your procedure. Once the radiographer has completed the procedure one of our qualified radiologists will review the images from your scan and prepare a comprehensive report for your referring doctor.

### Preparation

For ease of examination, it is recommended a separate top and skirt or pants be worn.

**Avoid using talcum powder or deodorant on the day of the mammogram.**

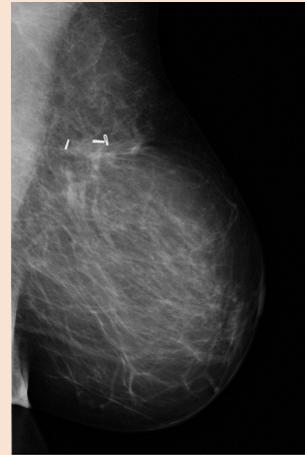
As well as bringing the request form that your referring doctor gave you, bring any previous mammography films that you may have. Comparisons with x-rays taken in the past are very helpful in determining if there have been any changes.

### Frequently Asked Questions

#### Does it hurt?

Your breasts have to be compressed between two plates, so there might be some slight discomfort. For this reason we recommend that you have your mammogram just after your period, if possible, as breasts are less likely to be tender at this time of month.

#### 2D Mammography Image Quality



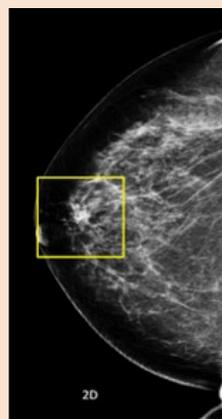
#### Tomosynthesis Image Quality



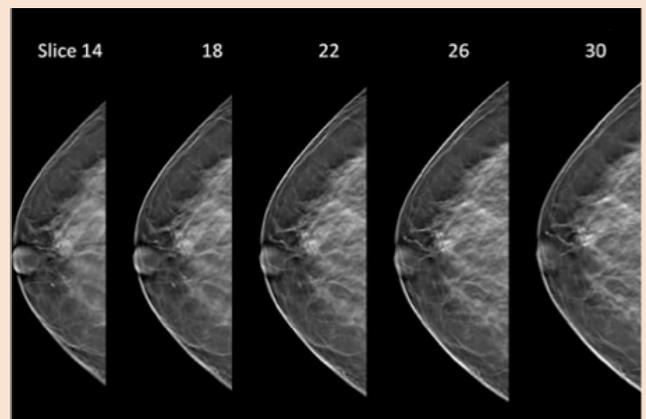
#### Why have a mammogram?

Breast cancer affects about 1 in 9 women in Australia under the age of 85 being diagnosed. As mammograms can detect very early cancer - often at the stage when it can be completely cured, it is recommended to women for that reason.

#### Images from a breast exam: 2D vs Tomosynthesis slice



2D Image



Tomosynthesis Images